

«Connecting Worlds»

ICF European Coaching Conference

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Life Balance and Well-Being

The Foundation on Which Business,
Executive and All Other Coaching is Built

Agenda

- Key Definitions
- History
- Importance Today . . . Future

Definitions

Coaching

Well-Being

Life Balance

Coaching Defined

“Goal-directed, results-oriented, systematic process in which one person facilitates sustained change in another individual or group through fostering the self-directed learning and personal growth of the coachee” (Grant, 2003) encompassing attributes along a continuum.

Continuum Attributes*

Directive

Holistic

Short-term

Individual leads agenda

High personal content

High business content

Developmental

Facilitative (Non-directive)

Specific

Long-term

Others lead the agenda

Low personal content

Low business content

Remedial

* adapted from CIPD Coaching and Buying Coaching Services Guide

Life Balance Defined

**... is Intrinsic.
... is Subjective.**

... is Unique for every individual, situation
and context present at a moment in time.

Well-Being Defined

- Simple choices profoundly affect our lives.
- Integrates mind, body and spirit with a balanced energy flow.
- A way of life.
- A process.



John W. Travis, MD, MPH, 1976, 2004

Definitions



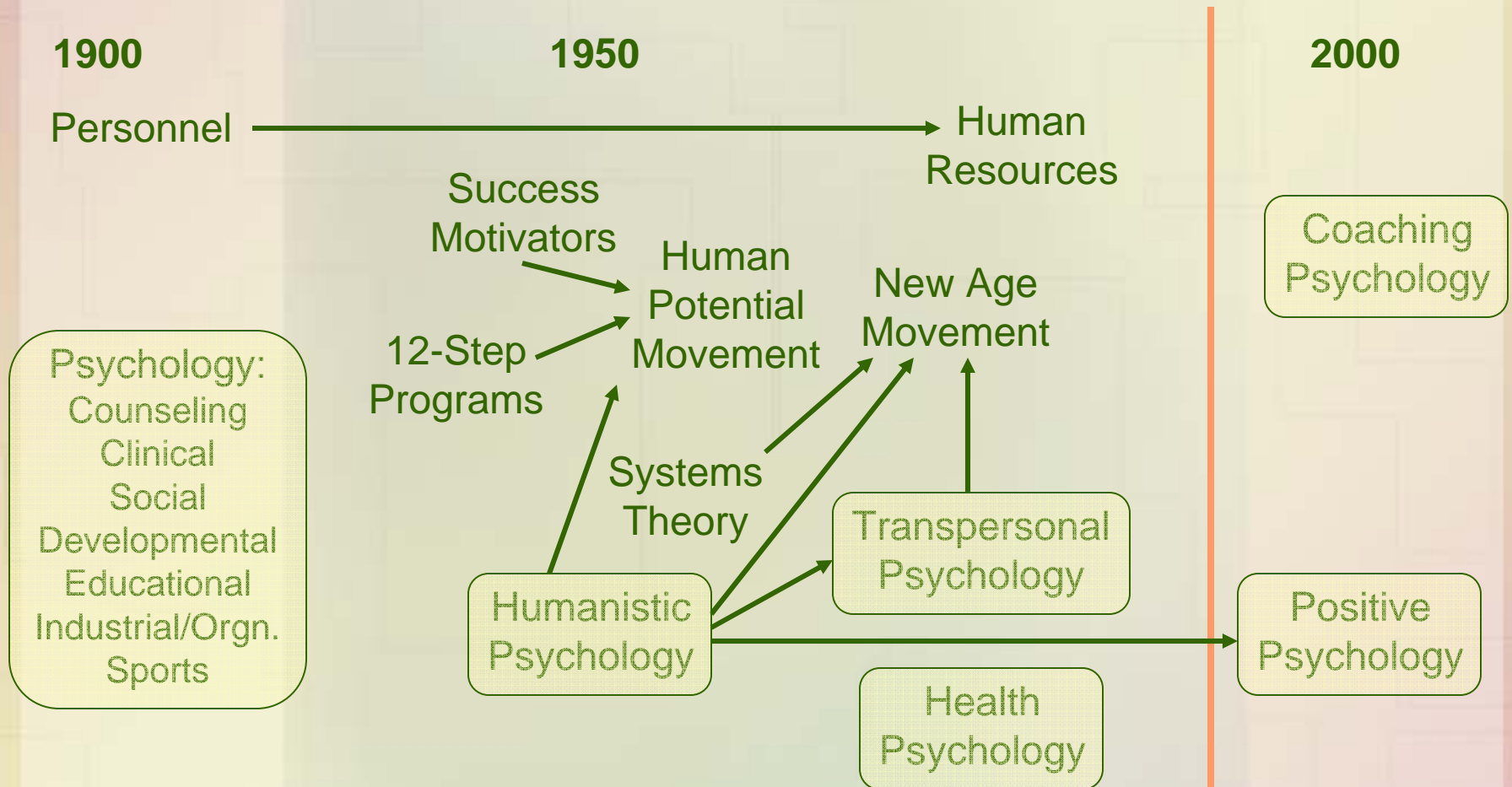
History

- Disciplines and Socioeconomic
- Emergence of Disciplines
- Emergence of Coaching
- Historical Wellness Perspectives

Disciplines and Socioeconomics



Emergence of Disciplines



Emergence of Coaching

1930s - 50s

1960s - 70s

1980s

1990s - 2004

Counseling Executives →

Sales Coaching →

Leadership Programs

Assessment Centers

Inner Game

Coaching Services

Training + Associations

Coaching Culture

Historical Wellness Perspectives

1930s - 50s

Balance & Spirituality
Preventive Medicine

1960s - 70s

Self-Actualization
Self-Renewal
“Wellness”

1980s - 1990s

Conferences →
“warm and fuzzy”

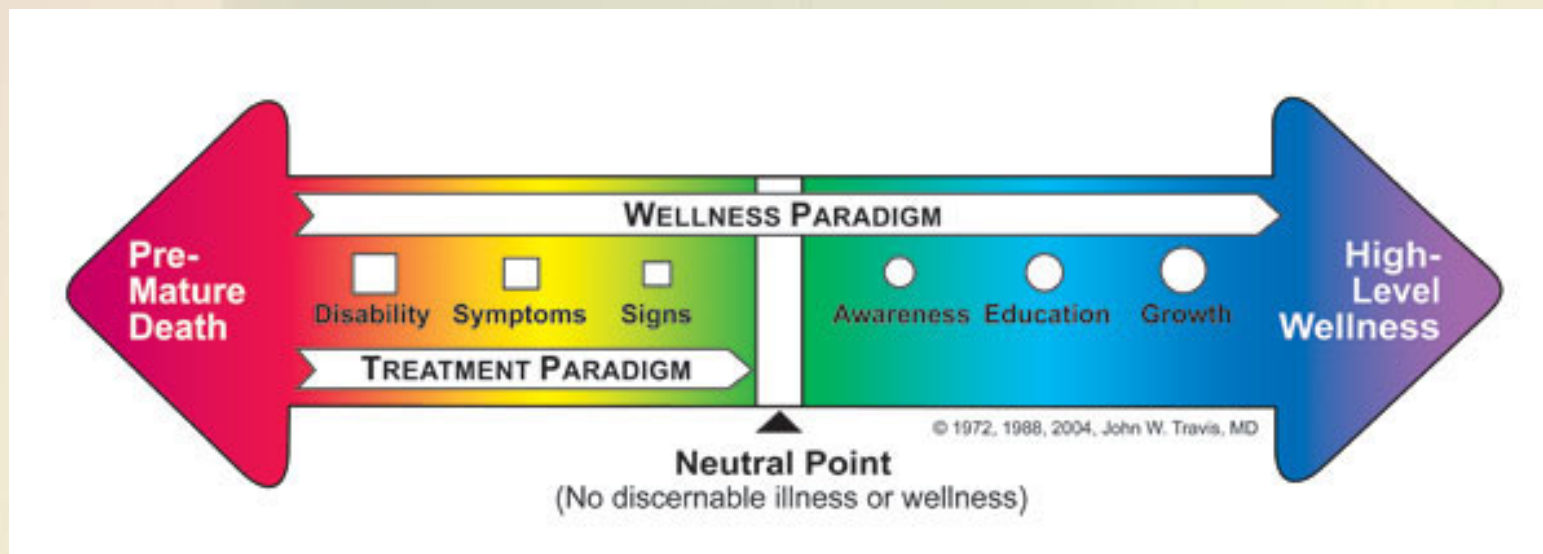
2000+

Retention
Attraction
Physical Health
Health Coaching

Importance Today . . . Future

- Illness – Wellness Continuum
- Why Well-Being Coaching Now?
- What the Future Holds. . .
- Questions to Ponder . . .

Illness – Wellness Continuum



Why Well-Being Coaching Now?

- Wellness is a \$500 billion industry.
- Positive psychology links happiness to well-being
- Up to 40% of high achievers are at risk of burnout
- Rising health care costs
- People living longer
- Business issues drive efforts to ingrain well-being

Special Report: Health Coaching

- General Trends
- Burn-out
- Enhancing Well-being
- Stress Management



What the future holds...

- Robust opportunities for coaches, particularly well-being coaches
- Extensive availability of supportive research
- Potential to make a significant difference

Questions to ponder...

- How do you define well-being and life balance for yourself?
- What is your level of well-being and life balance?
- How will you bring well-being and life balance into your coaching?

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