

35TH Annual National Wellness Conference
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”
University of Wisconsin-Stevens Point, July 17-22, 2010

Online Proposals

LEAD PRESENTER

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Comprehensive List of Conference Presentations for LEAD Presenter:

Baun, M.B. Pappas. Engagement Strategies that Inspire Lasting Behavior Change. National Wellness Conference: Pathways to Optimal Wellbeing: Exercising Strengths/Increasing Real Happiness. Steven's Point Wisconsin, July 2009.

Baun, M.B. Pappas. Engagement Strategies: Lessons Learned from Smoking Cessation. National Wellness Conference: Pathways to Optimal Wellbeing: Exercising Strengths/Increasing Real Happiness. Steven's Point Wisconsin, July 2009.

Baun, M.B. Pappas. Tobacco: The Smoking Gun. Successful Worksite Programs. Houston Wellness Association Worksite Wellness Conference. Minute Maid Park/Union Station, November 13-14, 2008

Baun, M.B. Pappas. Listen Up: Skills for Facilitating Lasting Healthy Behavior Change. National Wellness Conference: A Visionary Turning. Steven's Point Wisconsin, July 2008

Baun, M.B. Pappas. Smoking: The Number One Productivity and Cost Saving Workplace Wellness Issue, National Wellness Conference: A Visionary Turning. Steven's Point Wisconsin, July 2008

Baun, M.B. Pappas. Ready, Set Go: A Condensed Wellness Course. Dekalb Healthy Business Council and Dekalb Georgia County Department of Health, March 19, 2008.

Baun, M.B. Pappas. Inaugural Meeting: Wellness Councils – Working Together For Local Impact, Dekalb Healthy Business Council and Dekalb Georgia County Department of Health, January 16, 2008.

Baun, M.B. Pappas. Best Practices for Small Companies. Houston Wellness Association Worksite Wellness Conference: Impact Your Bottom Line. Learn from Experts; Leave with Solutions & Tools. Minute Maid Park/Union Station

Baun, M.B. Pappas. Smoking: The Number One Productivity and Cost Saving Worksite Wellness Issue. Houston Wellness Association Worksite Wellness Conference: Impact Your Bottom Line. Learn from Experts; Leave with Solutions & Tools. Minute Maid Park/Union Station, November 16, 2007

Baun, M.B. Pappas and Baun, William B. Worksite Wellness Works: Wellness Programs and Policies, Beyond Health Fairs and Walking Clubs, Dekalb Healthy Business Council and Dekalb Georgia County Department of Health November 8, 2007

Baun, M.B. Pappas. Best Practices for Small Business Worksite Wellness: Small Business Conference, Dekalb County, Georgia, November 8, 2007

Baun, M.B. Program Tune Up: Good Programs Just Don't Happen – They're Planned. Worksite Wellness Academy, National Wellness Conference: The Power of Supportive Relationships. Steven's Point Wisconsin, July 2007

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Baun, M.B. Pappas. Facilitating Self Efficacy for Successful Health Behavior Change. National Wellness Conference: The Power of Supportive Relationships. Steven’s Point Wisconsin, July 2007

Baun, M.B. Pappas. Strategies to Build a Smokefree Culture at Your Organization. National Wellness Conference: The Power of Supportive Relationships. Steven’s Point Wisconsin, July 2007

Baun, M.B. Pappas. The Best Ways to Support Smoking Cessation. National Wellness Conference: The Power of Supportive Relationships. Steven’s Point Wisconsin, July 15-20, 2006

Baun, M.B. Pappas. Changing for Good: Providing Support for Healthy Behavior Change. National Wellness Conference: The Power of Supportive Relationships. Steven’s Point Wisconsin, July 15-20, 2006

Lake, Ahnna, M.D. & Baun, M.B. Pappas. Making the Most of Teachable Moments: Supporting Change in Brief Encounters. National Wellness Conference: The Power of Supportive Relationships. Steven’s Point Wisconsin, July 15-20, 2006

Baun, M.B. Pappas. Essentials of Wellness Coaching I, KBR, Houston Texas, 8 & 9, 2006

Baun, M.B. Pappas. Essentials of Wellness Coaching I, ConocoPhillips, Houston Texas, March 2 & 3, 2006

Baun, M.B. Pappas. Wellness Coach Training, Fellowship Church, Grapevine Texas, February 2 & 3, 2006

Presentation Title:

State of the Art of Wellness Coaching

Track: Wellness Promotion

Program Level: intermediate

Target Audience: Health Promotion Professionals

Program Type: Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

I will be presenting a version of this at the Vermont Worksite Wellness Conference in December 2009. The NWC version will take a broader national and international perspective.

Abstract:

This interactive workshop will take an inside look at how wellness coaching has been integrated successfully into workplace wellness programs. Participants might be surprised to find out that wellness coaching is not just being used in comprehensive programs that employ the high tech/high touch model, but also in small businesses where wellness coaching becomes the core of their program. Gain insight into innovative wellness coaching strategies (telephonic, face-to-face, online, e-mail, coaching roundtables and large group) that can boost programming success and insure sustainable change. MaryBeth has been applying wellness coaching techniques since 1982 in group and individual applications at the worksite and in the community. She began providing wellness coach training in 1996, in 2004 developed her own wellness coaching certification programs, and has since trained many people around the United States and in Brazil. You will walk away from the wellness coaching session with ideas you can implement immediately.

Measurable Objectives:

Participants will:

1. be able to explain at least three ways to utilize high tech to enhance the high touch effectiveness, and three ways to employ high touch to increase high tech engagement and impact.
2. able to describe 6 innovative wellness coaching strategies (telephonic, face-to-face, online, e-mail, coaching roundtables and large group),
3. be able to describe how each of these strategies initiate, promote and grow sustainable lifestyle and culture change,
4. walk away with a preliminary action plan for how they will implement at least 3 of these strategies in the workplace.

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Program Outline:

- I. Brief Introductory Icebreaker: Who is participating in this workshop, and why?
- II. How worksites have integrated wellness coaching successfully into workplace wellness programs.
- III. Large business comprehensive programs vs. Small business wellness coaching core programs
 - a. How is it done?
 - i. Comprehensive
 - ii. Wellness coaching core
- IV. High Tech and High Touch: The interrelationship
- V. Innovative wellness coaching strategies & how they can boost programming success and insure sustainable change
 - a. telephonic,
 - b. face-to-face,
 - c. online,
 - d. e-mail,
 - e. coaching roundtables
 - f. large group
 - g. hybrid
- VI. Ways to employ each of these strategies to initiate, promote and grow sustainable lifestyle and culture change
- VII. Examples of wellness coaching implementation in various settings
 - a. Worksites
 - i. whole population – mass communications
 - ii. departmental
 - iii. referrals from EAP, etc.
 - iv. wellness groups – behavior change groups, condition management groups, stress management groups, topic interest groups
 - v. program stimulated groups – Step Up to Health, Buddy Up and Learn to Lose, utilizing social groups, departmental groups, coworker groups
 - b. Health care plans, providers and organizations
 - i. Nurse champions
 - ii. Dietitians gain wellness coaching skills
 - iii. Psychotherapists gain wellness coaching perspective
 - iv. Physical therapists employ wellness coaching
 - v. Physicians and brief encounters
 - vi. Health care team approach
 - vii. Mass communications
 - viii. Plan member coaching
 - b. Churches and health ministries
 - i. Employees: Peer coaches
 - ii. Parishioners: Peer and group coaching
 - c. Government and community agencies
 - i. Foster parents
 - ii. Social workers
 - iii. Substance abuse counselors
- VIII. Group discussion
 - a. Techniques currently in place with your organization
 - b. What works and what doesn't
- IX. Exercise
 - a. Participants develop a preliminary action plan for how they will implement at least 3 of these strategies in the workplace.
 - b. Group discussion: participants present their plan to the group

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Program Bibliography:

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- Miller, W.R. and Rollnick, S. (2002) *Motivational Interviewing: Preparing People for Change* second edition, New York, Guilford Press
- Prochaska, J., Norcross, J.C., DiClemente, C. (1994) *Changing for Good: The Revolutionary Program that Explains the Six Stages of Change and Teaches You How to Free Yourself from Bad Habits*, New York, Avon Books
- Schwarzer, R. ed. (1992) *Self Efficacy: Thought Control of Action*, Washington, Hemisphere Publishing Corporation
- Terkel, S. & L. (2004) *Small Change: It's the Little Things that Make a Big Difference*, New York, Penguin

Program Relevance to Conference Theme:

The Conference Theme:

Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration

In the last century, quality and affordable health care has become increasingly expensive. Recently, it has been realized that adding wellness measures to an overall health plan can serve to reduce costs and increase the quality of care. In addition, many businesses, in an effort to reduce health care costs, have recognized the value of wellness programs in lifting the overall health and well-being of their employees. A variety of professionals from a multitude of different disciplines, including wellness promotion and human resources, health care, and many more, has joined together out of a desire to improve our overall condition and reduce our health care burden. Our theme encourages all individuals in wellness and health professions to share their positive outcomes, tricks of the trade, and ideas that get results and can still be implemented when budgets are shrinking.

Relevance to Theme:

Wellness programming can sound like an expensive proposition, and sometimes it is. Wellness coaching provides an option for small and large businesses to implement an effective program with affordable levels of investment, and, with use of best practices, excellent return on investment (ROI). How does this work? Wellness coaching gets to the core of lifestyle and culture issues. It can be scaled up by engaging existing employees in gaining the knowledge, understanding and skills to employ wellness coaching approaches with themselves (self coaching) and with others (peer coaching). During this workshop, tricks of the trade drawn from many years of implementation, in roles as onsite health promotion administrator, multi-site coordinator, freelance programmer, and external consultant will assure participants of an inspirational and informative experience that allows them to come up with ways to make wellness work despite shrinking budgets.