

2024 Healthy Living Conference - City of Hope LYTE Health and Wellness Coaching (HWC) Program

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SUMMARY

When the celebratory bells fall silent and the pink confetti is swept up, over 4 million breast cancer survivors are faced with their "new normal" and are left asking "now what?" The rally cry against the acceptance of a "new normal" and the calls for action are growing louder. Therefore, LYTE (Living Your Truth Empowered) Foundation was created to act, to answer the "now what?" and to empower all breast cancer survivors to illuminate their individual path forward.

This project aimed to develop and implement the frameworks necessary to provide no-cost health and wellness coaching and programming to breast cancer survivors in local communities.

Despite the inherent challenges of being a new non-profit, we were able to accomplish many milestones of success. We grew as an organization and developed more exciting avenues to empower breast cancer survivors.

Schedule

ADAPTED PROJECT GOALS

- Implement an effective and sustainable National Board for National Board Health and Wellness Coaching (NBHWC) Certification Program within LYTE.
- 2. Develop and launch the inaugural LYTE Charter to serve as the template for future LYTE Charters.

HWC Trainees



As a Health and Wellness Survivorship Coach
I am here to provide you with the knowledge, tools,
quidance, and support that you need to take healing

Allow me to empower and support you as you reclaim your health and wellness leading to positive changes.

into your own hands to become better in your

wellbeing.

PROGRAM HIGHLIGHTS

Training program fully developed, built, and implemented.

Ten trainees completed HWC program and increased their skills, knowledge and confidence in coaching practice, as well as their knowledge in various diseases and prevalent conditions.

Developed strategic partnerships for needs assessments and for breast cancer survivors to connect with LYTE coaches and local programming.

Grew to 43 volunteers, including 32 graduate students from CGU and KGI who used their work to complete internships, capstones, practicums and dissertations!

Launched the LYTE 12-week coaching program.



NEXT STEPS

- Connect trainees with breast cancer survivors to start coaching and counting hours.
- Using needs assessment data, establish the first hospital-based LYTE charter.
- Incorporate survivor voices into future LYTE plans.
- Complete the pilot study assessing the effects of health coaching on metabolic markers, quality of life and health behavior adherence.
- Incorporate valuable feedback into curriculum and coaching.

Home Announcements Modules Assignments Discussions Grades People Pages Files Syllabus Quizzes Course Description This 16-week interactive online course is designed for Breast Cancer Advocates, working health and wellness professionals and recent graduates to practice their coaching skills in a supportive environment while completing the education requirements to sit for the National Board for Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-Certified Health and Wellness Coaching (NBHWC) exam to become a National Board-C

3. Apply communication models and strategies for health coaching, including building trust through cultural humility, active listening, and non-judgement

6. Have thorough knowledge of health-related factors that impact clients, including chronic disease and related risk factors, nutrition, stress, physical activity and sleep

4. Demonstrate effective coaching skills and tools through a practical skills assessment, facilitated practice and faculty feedback

This is an online course that blends synchronous and asynchronous class activities. Synchronous sessions will be conducted:

5. Recognize the role of the coach as it relates to legal and ethical issues and professional responsibility.

Thursdays from 3:00 to 5:50pm Pacific Time/ 6:00 - 8:50pm Eastern Standard Time

An additional 2 - 3 hours will be completed asynchronously

Meetings and Recordings (when applicable):

REFLECTIONS

There are multiple ways to build charters and partnerships.

"Community" has multiple definitions (e.g. location, identity, etc.), impacting what a charter could look like and how programming should be developed.

Gathering and incorporating feedback from all stakeholders before, during, and after the process is critical.

Taking things slow, to the betterment of program implementation and evaluation, is more important than the perception of hitting 'milestones'.