



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.

ADAPTED PROJECT GOALS

1. 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.

PROGRAM HIGHLIGHTS

Training program **fully developed, built, and implemented**.

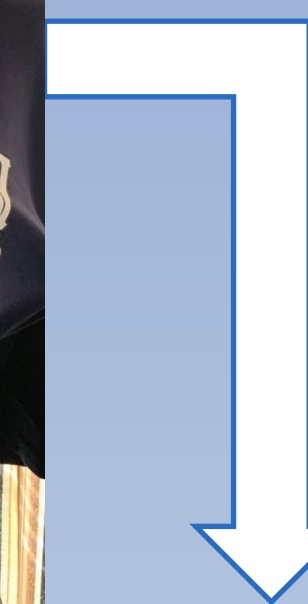
Ten trainees completed HWC program and **increased** their skills, knowledge and confidence in coaching practice, as well as their knowledge in various diseases and prevalent conditions.

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.

HWC Trainees



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.

As a Health and Wellness Survivorship Coach I am here to provide you with the knowledge, tools, guidance, and support that you need to take healing into your own hands to become better in your wellbeing.

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

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’.

