

# The practical use of Health Coaching

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Jo Basri Health Coaching

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# Overview

- AEP nearly 30 years and HC nearly 4 years
- Passionate about preventative health
- Medical clinics – Narre Warren & Cranbourne
- Life! Program Facilitator – Dandenong DCGPA
- HCA workshop 2006
- Co-facilitator 2007
- Chronic disease experience first hand

# Case Study

- **Background** - Client presents with HbA1c of 12%,  
Dr says to exercise
- **Challenges** – 20 minutes, client does not  
understand diabetes, HbA1c and what exercise has  
to do with it
- **Successes** – health coaching knowledge and skills

# HC skills used every day

- **Work with the client**
  - Build less resistance
  - What do you want to get out of the session today?
  - Client an expert in their own health
  - Intrinsic motivation
- **Agenda**
  - One thing at a time
- **Positives**
  - Is this yet another negative health message?

# Consequences

- **Now** - Drive for a living – Taxi
  - needs eyesight and use of feet
- **Future** – Travel around Australia in Winnebago with wife whom does not drive
  - eyesight and feet, flexible schedule - minimal medical appointments , mobility, independence etc

# Enjoyment of Life



- No back ache after a few hours in the garden
- Being able to play on the floor with the grand child and safely hold my grand daughter
- Keep fingers nimble & knit for the church