

VALUES IN PERSONAL WELLBEING

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VALUES AND MEDICAL COACH

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**WORLD
VALUES
DAY 2016**

AGENDA

- ❖ Resilience and personal wellbeing
- ❖ Why values are important for our wellbeing
- ❖ My story
- ❖ Identifying symptoms and strategies
- ❖ Resources and Actions

- ❖ Exercise to identify values around health and wellbeing

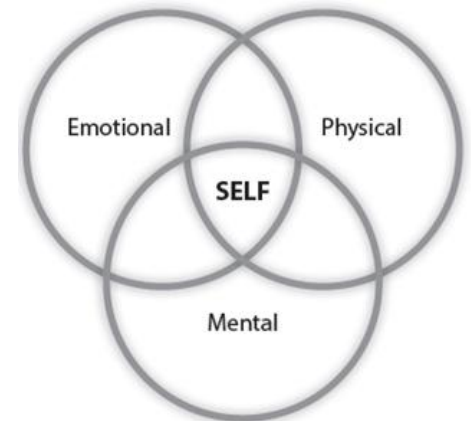
Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.

Martin Seligman



MEDICAL COACHING GUIDING PRINCIPLES

- “Health” is not the absence of illness, it is the state of mind of wholeness.
- “Healing” is the process of becoming whole.
- People heal when they are ready and at their own pace.
- Medical coaching addresses the client’s sense of self through three dimensions: Physical, Emotional and Mental.



PERSONAL WELLBEING REQUIRES BALANCING MANY FACTORS



Michael Grab

INTERPRETATIONS

Resilience

The power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity. (OED)

The ability to cope with changes in capacity, effectiveness or legitimacy. These changes can be driven by shocks... or through long-term erosions (or increases) in capacity, effectiveness or legitimacy” (OECD)

Wellbeing

Applicable to a person or community: the state of being healthy, happy, or prosperous; physical, psychological, or moral welfare. (OED)

Quality of life, physical and mental well being. (WHO)

SEVEN ELEMENTS OF RESILIENCE



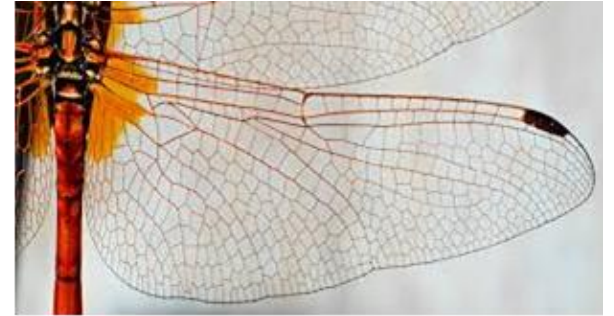
HOW CAN UNDERSTANDING OUR VALUES HELP OUR WELLBEING?

By providing us with:

- Sense of Purpose (Vision)
- Sense of Identity
- Motivation (Stay on track)
- Perspective about what's important
- Maintaining good physical health
- Working together collaboratively
- Sense of fulfilment, happiness
- What else...?



OUR VALUES



Values are the core of who we are; the fundamental things that need to be present in our lives for us to feel happiness, satisfaction and fulfilment.

They are part of our motivators, our drivers, the passion in our hearts, and the main reason why we do the things we do.

WHAT'S YOUR BIG WHY?

“He who knows a Why to live can bear almost any How” -
Nietzsche

Love

Peace

JOY

Health

Empowerment

Justice

Dignity

Wealth

Freedom

Conservation

MY STORY – MY VALUES



WHAT DOES SELF-CARE LOOK LIKE FOR YOU?

If you were actively practising self care, what would I see you doing?

Write it down.



LIFE ROLES

Parent, grandparent

Daughter, son, cousin, nephew, niece

Husband, wife, life partner

Neighbour, friend, team mate, ally

Breadwinner

Carer, advisor, coach, mentor, trainer, teacher

Employee: leader, colleague, associate

Retiree

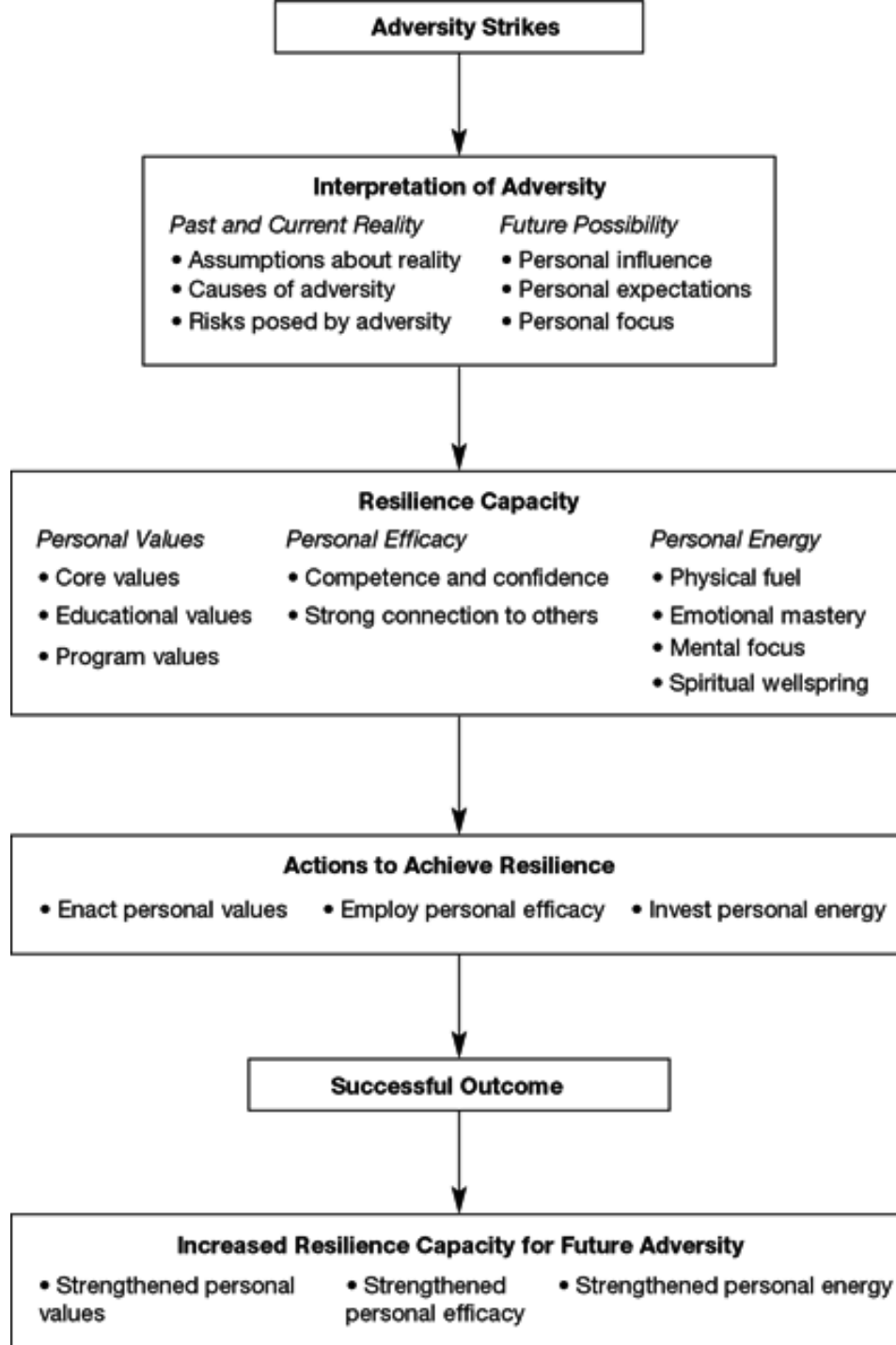
Role model ...



RESILIENCE FRAMEWORK

Three dimensions:

1. the *interpretation* of current adversity and future possibility,
2. the *resilience capacity* to tackle adversity,
3. and the *actions* needed to become more resilient in the face of the adversity.



HOW WILL YOUR VALUES SUPPORT YOU?

In your personal life, in work, socially, globally...



WHAT DOES THIS MEAN IN PRACTICE?

What actions do I need to put in place

- Right now?
- In one month?
- In three month's time?

- What price is my health and wellbeing to me?
- Can I afford to wait that long?
- What will keep me on track?

ACTION PLAN

What action will I take	By When	How will I know I've been successful?

TOOLS

What tools and techniques have you used in the past to support your resilience and personal wellbeing?

LISTENING TO OUR BODIES



“Our illnesses often exist to get our attention and get us back on track. Feeling that we are somehow to blame, keeps us stuck and unable to move forward in our healing.

The part of us that ‘creates an illness’ is not the part of us that feels the pain of our illness. It is not a conscious part of us, but it can be affected by our consciousness once we put our healing process to work.”

Dr Christiane Northrup: “*Women’s Bodies, Women’s Wisdom*”

SYMPTOMS AND STRATEGIES

SYMPTOMS

The presenting problem is rarely the real issue. There's invariably an underlying issue or cause that needs addressing.

- ✓ Calm the inner fear
- ✓ Accept that change is a part of living
- ✓ Keep things in perspective
- ✓ Challenge assumptions
- ✓ Avoid seeing crises as insurmountable problems
- ✓ Look for opportunities for self-discovery and learning
- ✓ Maintain a hopeful outlook
- ✓ Find professional support
- ✓ Cognitive Reframing Strategies
- ✓ Values Coaching
- ✓ RQi questionnaire
- ✓ Medical Coaching

SO WHAT BECOMES POSSIBLE FOR YOU?

"Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice."

“They tried to bury me, but didn't know that I'm a seed.” Mexican proverb

Be kind to yourself and resilient as you pursue your dreams.

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MEDICAL COACHING

- **Supports you to build emotional and mental resilience during a medical crisis or challenge.**
- **It supports individuals not only to cope with the medical crisis or condition, but also supports them to create or recreate mental and emotional wellbeing as a way of life.**



EXERCISE

Think about what would be important to you in times of stress and crisis.

How can your values serve you towards improved:

A. Resilience

If I experienced a set back what values would I draw on?

B. Wellbeing

If I am committed to self care and wellbeing, what values would I draw on?

