

# Leading with Innovation

NIC Virtual Conference  
November 9, 2016



# Health Coaching in Corrections



**Moderated by:  
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National Institute of  
Corrections

# Health Coaching in Corrections



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- Certified Integrative Nutrition Health Coach
- Corrections Training Specialist



Health Coaching in Corrections: A  
Wellness approach to staff performance  
and longevity



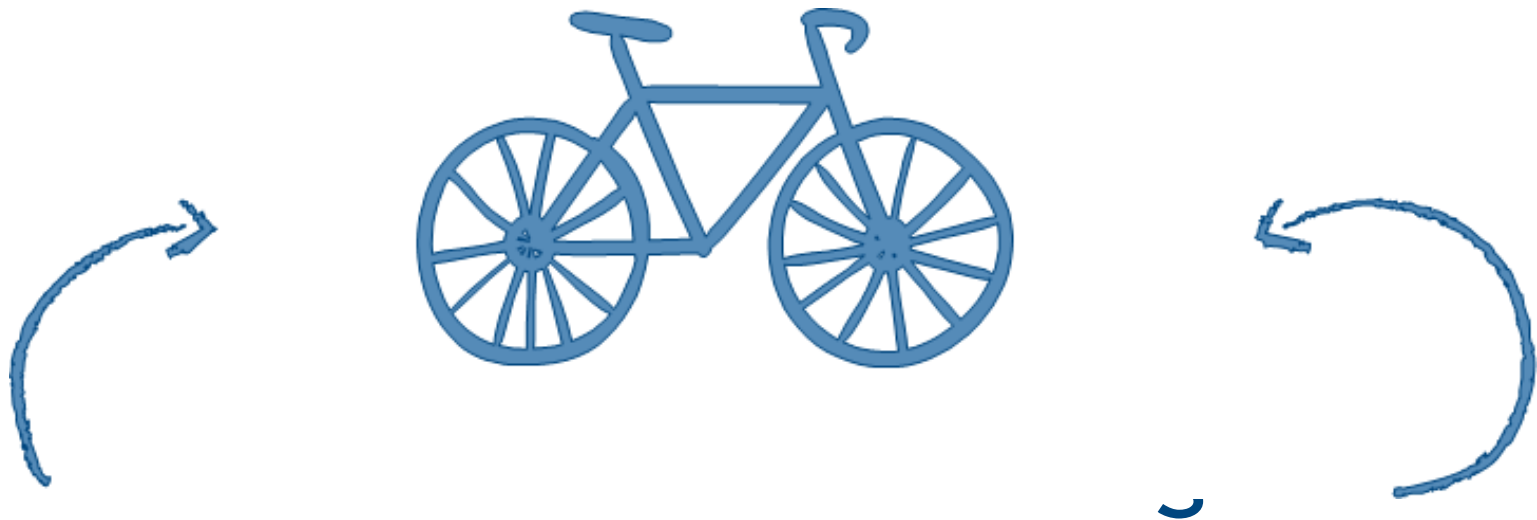


# What is Health Coaching?

A look at the guidance and support  
needed to live healthy

*“A Health Coach is a wellness authority and supportive mentor who motivates individuals to cultivate positive health choices.”*


Institute for Integrative Nutrition



Facilitating Wellness. Changing Lives.

# Health Coaching

## Wellness through:

- Guidance 
- Support
- Accountability



## Founded on:

- Trust
- Collaboration
- Compassion





# Health Coaching At-A-Glance

- Nutrition



- Physical Activity



- Lifestyle





# How do you feel when...

- You don't eat well?
- You don't exercise?
- You don't engage in activities you enjoy?
- You don't spend time with loved ones?
- Your stress levels are high?

# How Do you feel when...

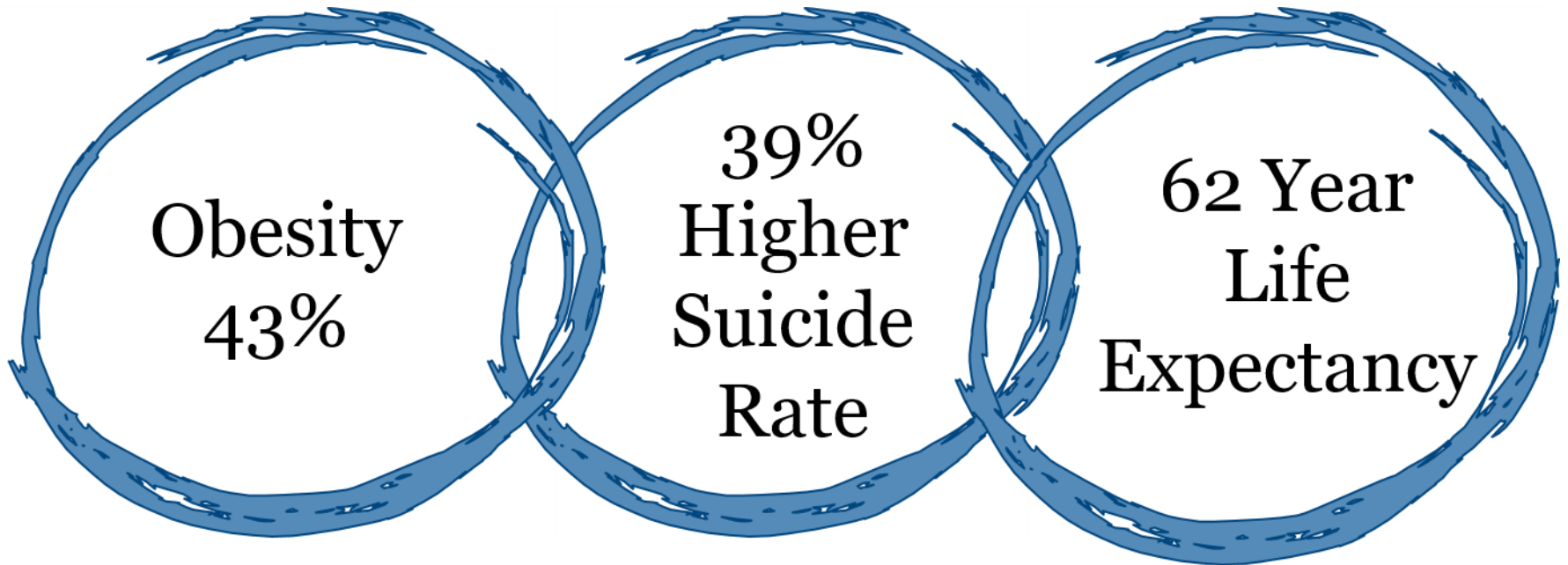
All of this happens chronically over long periods of time?



# What's Really at Stake?



# Alarming Statistics...



# 3

## Health Coaching in Corrections

Making Staff Wellness a Top Priority

# Possible Benefits





# The Health Coaching Process



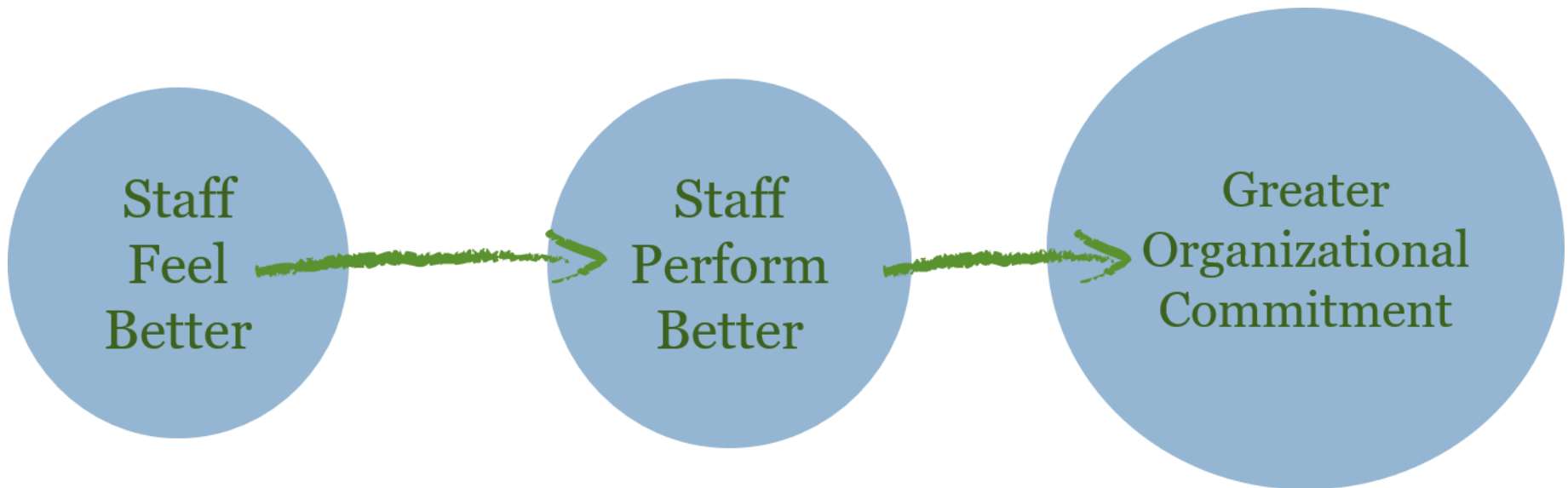
# Lifestyle Factors



Nutrition    Social Life  
Hobbies    Relationships  
Sleep    Education  
Career    Physical Activity  
Home Environment

How balanced is  
your life?

# The Health Coaching Outcomes



# Possible Roadblocks



# How Many Need This Kind of Help?



427,790

Whoa! That's a big number...  
How many will we commit to helping?

# Any Questions?



Thanks!

# Visit the Conference Site

The image displays the user interface for the NIC 2016 Virtual Conference. The header features the NIC logo and the text "2016 VIRTUAL CONFERENCE LEADING WITH INNOVATION". A vertical sidebar on the left contains a list of navigation options, each with a corresponding icon: SCHEDULE, LOBBY, PRESENTATION HALL, EXHIBIT HALL, RESOURCE ROOM, INNOVATION CHATS, DISCUSSION FORUM, CONFERENCE TUTORIALS, HELP DESK, WELCOME VIDEO, PARTICIPANT CONTACT INFO, USER PROFILE, and LOG OFF. The main content area is a virtual lobby with a large central screen displaying the NIC logo and a welcome message. Below the screen are three interactive panels: "Discussion Forum", "Conference Tutorials", and "Help Desk". A "Schedule" panel is also visible on the right. The background shows a modern, brightly lit conference hall with people walking and talking.

**NIC**  
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