

# STRUCTURING SESSIONS FOR YOUR CASE-STUDY CLIENTS

New Zealand's Ministry of Health acknowledges that for any health behaviour change intervention to be successful it must be facilitated by professionals and Health Coaches, who have specific training in the population cohort undergoing the intervention.

To achieve sustainable health behaviours and outcomes, those people who desire these changes, need to be supported in behaviour change techniques that promote *self-efficacy, self-determination and self-responsibility*.

Without knowing what your scope of practice is, and therefore what specific changes you are going to focus on with your client, here are some ideas for structuring your sessions.

## PRE-SESSION

**Health screening form; Goals; Obstacles to current behaviour change and your scope of practice.**

*Gathering information in this first session is really powerful as it helps you to clarify what your priorities are with your client. At this point if your client has complex health issues you may need to make the decision to refer her to a specialist.*

## SESSION 1

**What is menopause?; The three stages; What stage of menopause is she in?; What symptoms are the worst for her and why might this be?**

*If you wanted to share some of the sleep information with her in this first session, if she isn't sleeping, then start with this.*

## SESSION 2

**Focus on sleep and her highest priority goals and introduce the benefits of the Mediterranean diet.**

*Have a think about what her highest priority goal and problems is e.g. hot flashes, sore joints, stress, fatigue, and how you can address this using the lifestyle solutions you have learnt in the course. If your client feels overwhelmed, focus on a couple of small changes this week.*

## LOW GI SNACK IDEAS



**EACH SESSION SHOULD BE FOCUSED ON EDUCATION, EMPOWERMENT AND ACCOUNTABILITY**

# STRUCTURING SESSIONS FOR YOUR CASE-STUDY CLIENTS

## SESSION 3

### **Accountability.**

*What has she done? How has she done it? What has worked? What hasn't worked? etc. Then you could problem-solve with her and introduce several more suggestions if she is ready.*

## SESSION 4

### **Liver and Gut Health Education.**

*Why some of her symptoms like fatigue, depression and brain fog may be due to her changing liver and gut health. Strategies for restoring her liver and gut health.*

## SESSION 5

### **Behaviour Change and Problem Solving.**

*What is working and what is not working for her? Why is it important to make these changes sustainable over the long term? How can you ensure she stays on track?*

**Don't forget that you can share any of the MyMT™ blog articles with her to help explain a particular symptom. You can find these at <https://www.mymenopausetransformation.com/blog/>**



“

*I thought the only thing waiting for me was fat clothes, pain and eventually a heart attack and now I feel like I've returned to my 40s and gained another decade. In just 12 weeks! Brilliant!"*

**Brenda Australia**