

# Coaching Discussion – Individual Session

Goal of the coaching discussion (30min): With the help of Firstbeat Lifestyle Assessment, the client will learn to recognize their strengths and development areas and is able to set a concrete wellness goal to support the development areas.

around  
5min

## A. Introductions and background

1. Introduce yourself (to build trust) and describe the basic idea of this discussion.
2. Ask if the client has taken part in a Lifestyle Assessment before.
3. Shortly tell the background and benefits of Firstbeat Lifestyle Assessment:  
**what was measured and why?**
4. Ask your client to describe the measurement days and overall life situation.

around  
10min

## B. Discussion of results

1. Utilize the pre-questionnaire to get an idea of what factors in the client's life might affect their well-being.
2. Shortly review the basic definition of stress and recovery in this context.
3. Discuss the result **in interaction** with the client one day at a time.
  - Restorative effect of sleep
  - Stress and recovery balance
  - Health effects of physical activity
4. Draw conclusions of the result by utilizing the Summary page.
  - Ask the client to reflect on the result and come up with one positive factor (strength) and one development area.
5. If your client should be referred for further tests (e.g. a medical check), recommend it at latest at this point.

around  
10min

## C. Setting a wellness goal together with the client

1. Ask the client to set one main goal that they feel is important right now for their own well-being.
2. In addition, ask them to name a couple of concrete action points for reaching the goal. Also, ask the client to tell how they plan to follow-up the reaching of this goal.
3. Ask the client to estimate how likely it is that they can reach the goal, on a scale of 1-10. If the answer is less than 9, ask what should happen for the likelihood to improve.
4. In the end, review the factors that are important for reaching the goal. **The goal of Lifestyle Assessment is that after the measurement, the client is aware of their key development areas and how to improve them.**

around  
5min

## D. Follow-up recommendation and next steps

1. Remind the client of the importance of follow-up. A follow-up assessment helps verify the effectiveness of action points and supports reaching the goal.
2. Finally, check to see if the client has any remaining questions and thank them for taking part in Lifestyle Assessment.