



# Coaching Discussion - Group Session

## 1. Define the goal of the assessment

- Lifestyle Assessment measures heart rate and heart rate variability.
- The measurement brings out individual stress factors, sufficiency of recovery and the health and fitness effect of exercise.
- The goal is to improve well-being, stress management and performance, and learn to exercise right.

## 2. Discuss the interpretation of individual reports by utilizing example reports

- Nobody's individual results are shown!
- Remind that the results are affected for example by:
  - General health status, illnesses, medications and alcohol.
  - Other stress factors, such as stress, overweight, poor fitness or heavy physical exertion can also affect the result.
- You can utilize Firstbeat's Group Coaching presentation while conducting the group coaching session (takes approx. 1 hour).

## 3. Discuss the overall group result via group reports

- Creating group reports / summaries requires that the group size is at least 10 people.
- There are different kinds of group reports available. Select the appropriate reports for your purpose.

## 4. In addition to the results, provide some action points / recommendations and encourage the group members to set concrete goals

- Provide tips for example to:
  - Improve stress management
  - Enhance recovery
  - Improve one's physical fitness
- In the end, you can allow a few minutes for everyone to set their individual goals (1-3). You can utilize the 'Goals' page that can be printed together with the report.

## 5. Summarize the presentation and agree on possible next steps

- Follow-up measurements
- Other (coaching) meetings and individual discussions