

# Chronic illness Coaching



## **Don't let chronic illness hold you back!**

How we react and adapt to the challenges of life and work when we have an illness is sometimes as important as treating the illness itself. It is easy to feel consumed by fear and uncertainty. It can become difficult to get the perspective we need to recognize our choices and make good decisions.

## **How much is peace of mind worth?**

Pain and fatigue can sap your strength and spirit. When you have a plan, you can relax, sleep better and know your energy is being used productively.

Our coaching is not meant to diagnose or treat disease, but help you make the most of the resources you have - allowing you to be happier and more productive in your life and work.

The best time to deal with chronic illness and career issues is before things get out of control. Build your strategies and get your peace of mind now.

## **How does a coach differ from a psychotherapist or social worker?**

While there are some similarities between coaching and psychotherapy (such as using conversation as a way of examining issues and problems) there are many key differences too. First off, coaches do not diagnose or provide treatment for mental illness or emotional issues. Secondly, coaching is goal-oriented and focuses more on your present and your future and less on your past. Many executives, athletes and other high-performing people use coaching to help them achieve their goals and be the best that they can be.

## **How does this type of coaching work?**

Coaching can usually be done conveniently over the phone. The first session takes about an hour and includes an assessment where general goals and challenges are identified and discussed. This session typically concludes with a coaching agreement that outlines issues to be addressed and a strategy for the coaching sessions that will follow. Follow-up sessions are typically 45 minutes long. Between sessions you may be given a coaching exercise or small tasks to be done before the next session. Sessions can be done weekly, monthly or a combination thereof. While each client is different, a minimum of five sessions is usually needed for significant and lasting results.

## **Are you the only coach in your company?**

At Sick with Success<sup>®</sup> we work with a number of professionally trained coaches that have expertise in the field of chronic health conditions, disability and caregiver issues. All of our coaches are personally vetted for their suitability. We can find the right coach for you.

*A LONG-TERM STUDY DONE AT STANFORD UNIVERSITY  
INDICATES THAT INTERACTIONS WITH A CHRONIC ILLNESS  
COACH CAN SIGNIFICANTLY INCREASE THE HEALTH OF PEOPLE  
WITH LONG-TERM ILLNESS.*