



Totally Coached, Inc.



The Use of Intrinsic Coaching[®] with an Older Adult Population: The Missing Piece in Working with People

Randi Klebanoff, MS, MPH, CHES, Intrinsic Coach[®] & Sharon Smith, BS, AA, Intrinsic Coach[®]

The goal of wellness, fitness, and health promotion professionals is, ultimately, to affect a positive change in the health behavior of those we serve. And the habitual strategy we take is to provide our expertise – that is knowledge, information, resources and recommendations. Do we not think: if I can impact you, connect with you, in just the right way, I should be able to get you to do what it is I think you need to do? And if I can't, I just need to try harder!

But does this work? Do you ever have the feeling that there's got to be a better way out there? In fact, should "getting someone to do something" even *be* our goal? Intrinsic Coaching[®] offers us another way.

The goal of this webinar is to introduce you to Randi Klebanoff and Sharon Smith who will talk about their use of Intrinsic Coaching[®] with an older adult population and how Intrinsic Coaching[®] provides a very important yet largely missing ingredient. Randi and Sharon's experiences and lessons, while focused on their work with older adults, are applicable whenever better results depend on thinking better about people and better about ourselves

About the Presenters

Randi Klebanoff has worked in the fitness and wellness field for over 15 years, addressing a variety of health issues in a wide range of settings for diverse populations. She holds a Master's Degree in Exercise Science, a Master's Degree in Public Health, and is a Certified Health Education Specialist as well as an Intrinsic Coach[®]. Currently, she is Wellness Initiatives Manager for Mather Lifeways, a unique not-for-profit organization that enhances the lives of older adults through lifestyle and residential alternatives that create Ways to Age Well[®]. In this role, she develops innovative whole-person wellness programs for older adults in a community-based setting as well as manages two community fitness centers that embrace an evidence-based approach to helping older adults attain and maintain a physically active lifestyle.

Sharon Smith is the Fitness Coordinator for Mather's More Than a Café on 83rd in Chicago. In this role, she creates and implements fitness and wellness programs for older adults as well as oversees a community-based Fitness Center. Of note, she facilitates Prime Time Sister Circle[®], the primary purpose of which is to facilitate, motivate, and empower African-American women to move beyond knowledge into sustained action for positive health change; conducts individual and group coaching; develops balance and fall prevention programs, and conducts Worth the Weight, a research study examining the relationship between long-term exercise participation and the health benefits that result for older adults. Sharon holds an Associates Degree in Fitness and Exercise and a BS degree in Education and is an Intrinsic Coach[®].

About Totally Coached, Inc.

Totally Coached, Inc., led by Christina Marshall, has been training professionals to coach since 1998 and created the "asset approach" for health professionals in 2000, which was the precursor to today's Intrinsic Coaching[®] methodology. Recognized by the Wellness Councils of America (WELCOA) in 2002 as setting the standard in health coaching, WELCOA annually redistributes the Absolute Advantage journal featuring Christina Marshall's work in coaching.

About Intrinsic Coaching[®]

Intrinsic Coaching[®] is a proven coaching methodology that engages people in finding their best thinking about their choices and their life. The Intrinsic Coaching[®] methodology has been 30 years in the making and involves awareness and utilization of three dimensions of thinking in a world that tends to use only two. The third dimension, the intrinsic dimension, is universally weak however, once learned, enables people to produce better and more productive results for themselves and with other people.