



# Coachella: Coaches Coaching Coaches



REVIVE

RETREAT

RECONSIDER

REFLECTION



Look for this sign to cue a toolkit moment!

## The FCC Toolkit

This month we will cover Section 2 of your toolkit.

Sign-up for a printed copy?



Click or scan!



## Revive

### Stages of Change

How to assess your client on Stages of Change



TEST YOUR KNOWLEDGE!



Chair's Corner

### Stages of Change Quiz

## Retreat

and allow the client to take the driver's seat!

### But How?

Learn how to coach in a compliance setting.

Read More.



Join us for our next Coaches' Session!



April 6th @ 12:30-1:30 pm

### The Coaches' Social

30 minutes of extra discussion!

Think about a behavior change you've recently tried: quit smoking, lose weight, exercise more, spend more time with your children, etc.

Can you identify what stage of change you're in?

If you've been stalled in making progress toward the change, what might you find most helpful in moving forward?

What has been helpful in making changes in the past?



**Read: Pages 19-25**

# Reflection

## Talking with People about Change



## C4 Innovations Podcast & Blog



Scan or click to join us for our next PLC meeting, Apr. 6th! Register to join PLC.



# RESOURCES

Articles:

Motivational Interviewing  
Psychology Today

The Joys of Using Motivational Interviewing in Therapy  
Psychology Today

Podcasts

Talking to Change  
A Motivational Interviewing Podcast

Motivational Interviewing & Beyond

Resource Guides

FGLN FCC Self-Care Guides

2022 FGLN Back-to-School Resource Guide

FCC Community Resource Guide