The Power of Life Coaching: Helping Individuals with Diabetes Set and Achieve Employment-Related Goals

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Background

The Power of Life Coaching: Helping Individuals with Diabetes...  
What is Life Coaching?  
Life coaching is a collaborative, solution-focused, results-oriented and systematic process in which the coach facilitates the experience and outcome attainment in the personal and/or professional life of the coaching client (Stern, 2003). It is a structured, client-centered process. It allows clients to set goals and design intervention steps that do not provide advice or health directives, but instead help clients understand and work through obstacles to achieve goals.

2 Methods

2.1 Research Questions

2.2 Data Sources

Types of Employment Goals

1. In what ways do treatment participants feel that diabetes affects their employment?  
2. What types of employment goals did treatment participants set and attain with a life coach?  
3. What did treatment participants think of the life coaching intervention component?

2.3 Data Analysis

Evaluation survey question (Mo. 12): How satisfied are you with your life coaching experience overall?

Participant-reported affects of diabetes on employment

4 Findings

4.1 Participant Characteristics

Participants reported a mean age of 41.4 years, 34.4% female, and 65.6% unemployed at baseline. The mean employment hours reported were 41.4 hours per week. A majority of participants had a college degree (85.2%), and the majority of participants reported that they had been employed for over 3 years (96%).

4.3 Participant-reported affects of diabetes on employment

Participants reported significantly higher levels of stress (11.58 at baseline vs. 8.35 at 12 months; t(88) = 3.80, p < .001) and better work-life balance (4.47 at baseline vs. 4.87 at 12 months; t(88) = 2.66, p = .02). Participants reported significantly higher levels of satisfaction with life coaching services overall (2.51 at baseline vs. 3.38 at 12 months; t(88) = 4.18, p < .001).

5 Conclusions

5.1 Study Conclusions

5.2 Recommendations

5.3 Further Research

6 Appendices

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