



ADAPT Health Coach

The ADAPT Model of Coaching



Motivational Interviewing (MI) – includes values/strengths

Positive Psychology (PP) and/or Appreciative Inquiry (AI) – includes values/strengths

Stages of Change (SOC)/Transtheoretical Model (TTM)

Pillars

of the ADAPT Health Coach Training Model
The supporting evidence of the model

Being Skills

Presence
Empathy
Acceptance
Partnership
Hearing
Etc.

Doing Skills

Open questions
Affirmations
Reflective listening
Summaries
Sharing info
Etc.

Core Competencies

of Health Coaching/
Skills that inform the Framework

The ADAPT Model/ Framework

Guiding the conversation towards growth and change

Engaging and Opening the Conversation
Building a collaborative relationship on a foundation of trust and connection, occurs throughout the conversation.

Agenda Setting/Focusing
A coaching conversation needs a strategic direction.

Evoking
Discovering, exploring, & inviting the client to a deeper exploration of themselves.

Pausing before Planning
Checking in to determine where the client wants go from here.

Planning/Movement/Support Structures
Together with the client determining workable next steps and support.

Closing the session
Bringing the conversation to an intentional close.