



Physical Well-being Conversation Guide



Introduction

Welcome to the Physical Well-being Conversation Guide.

The film has been created to demonstrate good and poor coaching practice. It follows the story of a young coach, Sabrina, who is embarking on her coaching journey and faces a number of challenges along the way.

This guide will support you in discussing, debating, and reflecting on the coaching styles used and the environment portrayed in the short film “Where is the line?”

We have created the activities to enable you to work through them in a variety of ways; on your own, with a colleague or friend, or in a structured group at a workshop.

We hope you enjoy the film and find this guide helpful.

Tip: Before continuing this part of the guide, watch the replay moment [‘I’m so impressed’](#) taken from the short film “Where is the line?”.

A great coach considers the whole person and ensures they support the development of a person’s physical well-being.

1. **What positive factors do you notice, in the clip, that could be contributing to the physical well-being of the participants**

Think about: Actions, language, behaviour and impact.

Consider: What part do you think Sabrina has played in the positive shift of the coaching environment? What is the positive shift enabling to happen?



2. Reflect on the positive factors you have identified and discuss what impact you see them having on the physical well-being of the participants.

Make a note of the moment that creates the most impact for you.

Think about: Actions, language, behaviour and impact.

Consider: How might the participants be feeling? What might the participants be learning to support their own physical well-being? Consider the short and long-term impact of this approach?

3. Thinking about the physical well-being of the people you coach, how do you current create opportunities to support their own physical well-being? How could you create more opportunities?

Think about: Actions, language, behaviour and impact.

Consider: How do you currently create opportunities for participants to share ideas and for you to learn about what each person needs? How could you create more opportunities for the voice of the participant to be heard, about what each person wants and needs to support their physical well-being?



Next steps

By opening up the conversation and working through the activities in this guide, whether on your own or with others, you have taken a significant step toward making positive change.

We encourage you to continue to be a change maker by;

- Inviting others to watch the film and join the conversation
- Exploring more of the Duty to Care Hub and sharing it across your coaching network
- Plan your next steps, by completing your personal action plan below.

Action Plan

Key take away	What information/ learning do you need?	Where might you find the information/ learning?	How will you share relevant information? And who with?