

## How does the coaching model work?

The key elements of the coaching model include:

- An assumption that the client has their own answers, they just need support.
- The emphasis is on changing behaviours and habits, not focusing on outcomes.
- To create change, we need to create a way of living, not a sudden, dramatic outcome such as rapid weight loss.

## What does the coach get out of this?

The satisfaction of seeing their clients move forward and gain confidence. Handing over the responsibility to the client is a way of removing the stress and strain of pushing people when they are not ready or feel nothing seems to work.

## Wellness coaching

Fiona Cosgrove is the expert and pioneer behind wellness coaching, a methodology newly being introduced to Australia. Wellness coaching uses the principles of coaching psychology and behavioural change theory to help people set goals in areas such as nutrition, fitness, weight control and stress management.

## Who can become a wellness coach?



Wellness Coaches are health, fitness, and mental health professionals who have also completed wellness coach training and certifications from leading organisations such as Wellcoaches Corporation. Wellness Coaching Australia offers workshops and seminars based on the Wellcoaches program, and can provide executive wellness coaches to companies who require their services.

For more information visit [www.wellnesscoachingaustralia.com.au](http://www.wellnesscoachingaustralia.com.au)

### About Fiona Cosgrove

**Fiona Cosgrove** has more than 20 years' experience in the wellness and fitness industry. She is a former Board Member of Fitness NSW, and has owned and managed clubs in Australia and Asia.

Fiona holds a Bachelor and Masters degree in Sports Science and a Masters Degree in Counselling and has lectured in corporate health management at university for many years. She has worked as a life and wellness coach for the last five years, and is a certified and licensed executive wellness coach with Wellcoaches USA.

# Study shows sleep can impact on school results

Lack of sleep can affect children's memories, impacting on their academic ability and dragging down their grades, research has found.

Flinders University psychologist and sleep researcher Michael Gradisar has completed a study of adolescent children with the results contradicting previous investigations that found school kids could cope with getting less than eight hours sleep.

The difference this time is that Dr Gradisar's study asked the students to tackle complex activities rather than just simple memory tasks.

He found that the performance of the more complex tasks, that required information to be retained while other information was also processed, was affected by levels of sleep.

'Previous studies suggested that despite getting inadequate sleep, kids could tolerate it and still function,' Dr Gradisar said.

'But we have found that when challenged with a more complex task, adolescents who have been having less than eight hours sleep begin to have trouble.'

Dr Gradisar said children who had insufficient sleep displayed an impaired ability to encode, store and retrieve information with implications for subjects such as spelling and mathematics.

'Kids learn a whole range of different abilities at school and we have shown that some of these abilities are susceptible to sleep loss,' he said.

'This has implications for their learning and their overall grades.'

Flinders University has also embarked on a wider study to examine the prevalence of inadequate sleep among students in years nine to 11.

Dr Gradisar said early indications suggested the incidence of problematic sleep was much higher than anticipated with some students taking almost an hour to fall asleep.

From AAP 8th August 2008