

Wednesday,
June 12, 2024

IN THE NEWS

Issue #1

An Interview with A Health Coach

by Carol L Brunk

Introduction My interview with Ms. Jackie Carroll. Jackie works at the University of Kentucky in Lexington, Kentucky in the UK Health and Wellness Department. Her professional title in the department that she works in is *Health Coach Wellness Specialist and Koru Trainer* and for personal professional growth she is a professional *Certified Yoga Instructor*. Jackie's education includes a Bachelors' degree in Exercise Science and a Master's degree in Health Promotion, both degrees from the University of Kentucky. To obtain her professional certificate as a *Professional Health Coach*, Jackie qualifies by taking the National Board Certification exam after she completes the 1000 hours of coaching and her training. The exam covers all measures of wellness that investigates needs, goals to meet needs, one on one sessions with no set time or curriculum, motivational interviewing, and goal setting. Success for Jackie as a professional and obtains her certification. Jackie's success continues with a mindful-self compassion class that requires an 8-week training class to teach it- Koru. Jackie has a certificate to teach Koru. The University of Kentucky lets her teach this class. In addition, for her personal outside professional development, she is a yoga instructor. Jackie's shares her experience of getting her certification from E-RYT Yoga Alliance and has 3000 hours in yoga teaching and training over the past 10 or 12 years.

In commenting about ongoing long-term basis within her job, Jackie speaks about what she deals with within her position in the Health and Wellness Department. The long-term basis includes individual coaching, teaching Koru four times a week (Koru is a mindfulness for the lay person class) and has a Koru retreat that entails a 3-hour session of silence. The other topics on her agenda includes developing presentations for training in staff development and in mindfulness and stress, and team co-coaching events. She mentions Amy Rodquist-Kodet, as a wonderful asset to co-coaching at the University of Kentucky for a sleep group session. Then, once a month Jackie volunteers and teaches yoga at a prison.

Jackie continues to share with me about her daily basis of ongoings that is constantly planning ahead for different programs. Her daily activities include the constant activity throughout the day in answering emails, her phone, planning and coordinating daily, weekly, monthly scheduling events, administrative work, and working on presentations

Educational Experience Ms. Carroll shares with me in speaking to me about her *nine years of experience of her roles within her position* in the Health and Wellness Department of the University of Kentucky. Jackie does health coaching that assists and helps people with an undesirable behavior that they want to modify to find a new projectory in life. It's not clinical but behavioral modification to realign them

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with their health. Her clients include those that have issues with confidence, and any life-style issues that relates to helping with their mind-set to achieve goals. Some of her clients include tobacco smokers that need to quit smoking tobacco. As a coach that deals with behavior, she has allowances to assist her clients with treatment sessions and help them with nicotine patches, and also give referrals to medical providers if they need further clinical health assistance. Her primary focus is behavioral. Other clients may include those looking to lose weight, and those looking for new careers. Most of her clients are dealing with stress, but she has clients that start out with a direction and find that the thought processes turn into another area of either physical body or cognitive in behaviors. What mostly happens with her coaching is to get an individual to change their undesirable or alter a behavior by using new thought processes. In review of her individual clients, per individual sessions together, for some clients, Jackie and her client, work together in an exploratory of the clients' behavior, set goals, and the client checks in with her.

What she enjoys the most about her job?

In speaking about her career, this is what Jackie expresses that she likes most about her career. Jackie relays to me about her heart-felt reactions in observation of people and her own reactions about the warming connections she finds with her clients. She describes people as being precious in life. It's the moments in time that she likes watching people, seeing people smile, the "Ah-ha" of understanding and at times it may sound a little precarious, she likes to see them cry knowing that her client feels that comfortable with her that they can truly confide in someone- her.

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What her opinion of the future of health education/health promotion program needs?

Speaking as a professional on her opinion of the future of health education/health promotion needs, Jackie continues to speak and share her expert opinion of what the needs are for the future. She starts her explanation with how information that is currently available that is reachable for people, are all kinds of apps. She invites me and you into her beliefs and states, *"I believe that more emphasis needs to be put on skill building on addiction and how their brains work."* *"It's not an easy three-step process."* The three-step process Jackie is speaking about is exploratory, making goals and check-in. She continues to share in speaking, *"There's books out there but, every single thought can have a contributing factor of how a person is"*. Jackie speaks about the environment and conditions of a person's life-style and books are not always the answer as self-help. She continues to speak, *"running on a tread mill and eating more carrots to loose weight"* are contributing factors of a life-style that may not work for some people and interjects that the thought processes are a key factor. Jackie states *"Helping people find the void, to getting to know people of why they choose what they choose."* This is where Jackie expresses the needs of health education/health promotion and her professional outlook for the future. *"But if they don't figure out their mind-set they will go back to their old habits."* Jackie using her knowledge in her practicing profession states, *"Getting people to know their own behaviors and allow less judgement and more kindness toward themselves."* *"Building confidence in building up peoples' confidence."* Then, she continues to state, *"Life would be so much better for the person."* In her own personal growth to let me and you know that she is human as well, she states, *"I am still learning my own mind-set."* Jackie speaks about if she is to do a presentation to the public about health education/health promotion to assist in the future in a hypothetical situation

“*Holistic Living*”. The title combines all the factors Jackie and her profession together in a message to me and you to learn positive mind-sets to live a healthy, happy, peaceful life.

How the interview was conducted. My personal reflection in review of Tuesday, May 21, 2024. Originally, the prior Friday by a late afternoon an email goes to Tammy Akin at the University of Kentucky, Health and Wellness Department. Tammy notifies me by email on Monday that she is not available on Tuesday and is on vacation. In her return email, Tammy sends me two of her colleagues to choose from that I can interview. I email Jackie Carroll. Jackie responds and we schedule a time for around 1:00 p. m. on Tuesday, May 21. The interview with Ms. Jackie Carroll is via cellular phone on the topic of Health Education Promotion. On Tuesday, a little bit after 1:00 p.m., I speak with Jackie via cellular phone while Jackie is out for a healthy walk with her dog. I am in my apartment on my computer typing as we discuss Jackie’s career and health education/Promotion.

Does she seem to enjoy what she does in her profession? Jackie Carroll seems to enjoy her life in her professional career. She places herself as the coach that cares about mind-set and behavioral modification as stepping stones of goals to achieve together as a team until independence achieves. She establishes with her clients a comfortable connection that they can rely on to understanding not only themselves but each other. She cares about herself through personal outside professional development in yoga and koru

that relays to me and others that she cares for others. I believe that caring about yourself first can lead then to caring about others.

In regards to my thoughts on the interview and the health education profession...I feel the interview is like Jackie in her profession, the interview is like the open door for assistance to a coach that can help individuals and groups with their thought processes to conquer the undesirable thought processes and redirect to achieve a goal or goals to succeed in a better life. A healthy mind-set keeps a healthy life.Δ

Fitness & Mind-Sets

