



Cancer Coaching FAQs

What is cancer coaching?

A cancer diagnosis, your own or someone else's, often shines a spotlight on what's not working in your life.

- You may want to create healthier habits to help you heal and reduce your risk of remission.
- You may have experienced changes in your priorities and perspectives on life.
- You may be feeling stuck, unhappy, or unfulfilled in some way.

What's clear to you is that it's time for something to change. There is a gap between where you are now and where you want to be. The challenge for many people is how to get from point A to point B and close that gap in a way that really works for the long term.

And that's what cancer coaching is all about ... successfully figuring out how to go from where you are now to where you want to be – and doing it in a way that lasts.

As your cancer coach, I'll be your partner on this journey. I'm here to help you clarify how you want to transform your life and how to successfully make small and meaningful changes over time in ways that give you the best chance of creating the life you want.

With a supportive coach at your side, this transformative experience can be filled with hope, compassion, meaning, courage, resilience, healthier lifestyle habits, and a sense of adventure.

A cancer coach understands your unique needs and perspectives as you move through the cancer experience and partners with you as you achieve your wellness goals by exploring and transforming your mindset, relationships, and health.

How coaching supports you by:

- Providing you with a partner coach who knows the territory.
- Facilitating change.
- Helping you create your own agenda.
- Helping you take responsibility for your own health and wellbeing.
- Fostering a greater sense of what is possible.

- Keeping you focused on what is right for you.
- Providing accountability and resources.
- Staying future-focused.
- Nurturing problem-solving skills.
- Focusing on long-term self-management.

The cancer coach is not:

- an expert or educator that is going to tell you what to do
- a therapist, doctor, or healer

What is the cancer coaching experience like?

The coaching experience is a safe and judgment-free zone where you have the space and time to reflect on how you want to transform your life. The coaching relationship requires a lot of trust, and the first focus of a coaching journey is to develop that trust.

Once a trusting relationship has been developed, you'll take a look at your current self and then define what your ideal future self looks like. You will find that there is a gap between where you are now and where you want to be. Coaching is about how to close that gap and get to where you want to be.

We'll look at what's been getting in the way of you accomplishing this yourself. In what ways do you get in your own way? How do you learn to stop interfering with your own goals? That's an important thing to look at and work through.

When you feel ready and motivated for action, you'll set goals for yourself. These goals will be broken down into action steps. Small and successful steps are the path to long-term transformation. When you experience small successes, you develop self-trust and confidence ... which helps you take more steps.

Down the road, when you have accomplished your goals, then you move into a maintenance phase where you learn how to successfully manage those occasional lapses back into old behaviors.

It's important to understand that, as your coach, I don't tell you what to do.

- I understand that you are the expert in your own life.
- You know yourself better than anyone else and you are the best person to decide what changes you want to make and how to make them.
- I help you tap into your authentic self so that you are setting goals that are true to your personality and character. Goals that are right for who you are and who you want to be. If you set goals that are out of alignment with who you

are, that won't work. If they are not a good match for you, you won't be able to sustain them in the long run.

- I will help you clarify what is right for you ... because that is how successful change happens.
- I focus on your future and not so much your past.
- I don't look at you as someone with an illness that I need to cure.
- You are a person that has decided it's time to make some changes to your life and you want a partner to help you do that.

Who can benefit from cancer coaching?

Cancer coaching is for anyone whose life has been impacted by cancer in some way ... patients, survivors, caregivers, friends, family, and anyone that wishes to minimize their cancer risk by making healthier lifestyle changes.

Cancer coaching is for you if:

- You are in treatment and looking for ways to cope with the changes in your life and manage your self-care better.
- You are finished with treatment and ready to build a new and healthier lifestyle.
- You are a caregiver trying to manage your life better and find ways to take care of yourself.
- You are someone that is worried that their unhealthy lifestyle will lead to disease or a loss of function.
- You are feeling lost ... you know that something in your life needs to change, but you could use some help figuring it out.

How long does the coaching process take and how often do we meet?

Life Balance Cancer Coaching uses the model that research has shown to be the most effective and successful ... which is a 4-month process for establishing a new wellness goal.

Therefore, clients are asked to make a 4-month commitment to the coaching process. The first month is the "kick-start" phase and consists of 4 weekly sessions to create the foundation. Then we move into the 3-month "deep dive" phase with a session every 1 or 2 weeks (depending on what will work best for you). These 2 months are focused on setting goals, creating action plans, and working them through.

Of course, the timeline may vary for different individuals based on how much time is required to create a good foundation, the number of goals, and your pace with

meeting those goals.

Once goals have been successfully met and you feel ready to move on, you will be invited to join a maintenance coaching group. This group experience provides you with ongoing support, accountability, and access to the coach.

How are sessions conducted?

Coaching sessions are held online as a virtual meeting. Phone sessions are also an option if needed.

- You will need a reliable internet or cellular connection for each session.
- You will also need to be in an environment where you are not distracted, and you have the comfort of talking freely and openly.

How much does the coaching experience cost?

Sessions are purchased by the package.

- The initial consultation is free.
- The Kick Start package is \$300 for 4 weekly sessions.
- The Deep Dive package is \$450 for 6 sessions (1 every 2 weeks).

Can I give a gift of coaching to someone I care about?

Certainly! Many people experience financial strain when going through treatment for cancer. Giving them the gift of the coaching experience will be greatly appreciated!

*Please make sure the recipient is willing to participate in the coaching experience before purchasing the gift for them.

What if I try coaching and decide it's not for me?

The purpose of the discovery consultation is to talk through what coaching is, how it works, and if it is a good fit for both the client and the coach. You will have a good sense of whether or not the experience will be right for you after this initial consultation.

However, if you begin the coaching process and at some point decide you want to discontinue, you can certainly do so. You will be reimbursed for your unused

sessions (based on the cancellation policy).

Can coaching help me change my life?

Yes, it can! In fact, for many people, it is the most effective and successful way to transform your life. Knowing what you want to change can be easy. Making those changes and maintaining them for the long term can be very challenging.

Coaching helps you find your own path forward:

- Stop and look at where you are now.
- Get clear on where you want to be.
- Look at how you hold yourself back and what gets in your way.
- Set goals and action steps.
- Get the support and resources you need to find your way.
- Reach your destination and learn how to maintain your new life for the long term.

Coaching can be the best thing you've ever done for yourself!

Who will be my cancer coach?

Wayne Mylin was the shiatsu therapist on staff at Penn Medicine's Abramson Cancer Center/ PAH from 2001 to 2021. He provided shiatsu therapy treatments, wellness programs, and presentations to patients and their loved ones, caregivers, and staff during those years.

Wayne has worked with over 2,000 individuals affected by cancer. He knows the territory and the impact a cancer diagnosis can have.

Wayne received his cancer coach training through the Cancer Wellness Institute. With his additional training in Chinese Medicine, Asian Bodywork Therapy, and a variety of holistic approaches to health and wellness, Wayne is a valuable resource for anyone impacted by cancer.

Wayne's focus is on partnering with you in a collaborative process as you tap into your authentic self and set out on a path of transformation based on goals that you define for yourself. Wayne will provide a safe space for your journey by holding hope, deepening compassion, bolstering courage, strengthening resilience, enhancing health, and helping you to find meaning in your cancer experience.