

A Matter of Balance: Managing Concerns about Falls Volunteer Lay Leader Model Coaching Tips

1. Read the entire session through before planning the day's activities.
2. Be flexible, choose activities based on the group's interest. You may not chose to cover every activity outlined in the session.
3. Realize that each session builds on the experience and learning from the prior sessions.
4. Encourage participants to lead their favorite exercise once they are comfortable.
5. Initially, coaches may perform role-plays suggested by participants if the participants are reluctant to try them. Hopefully, participants will join in.
6. Start each session with the learning goals for the day. Ask participants how they benefited from A Matter of Balance since the last class. This may start a lively discussion.
7. Allow time for discussion and the sharing of wisdom. Offer everyone the opportunity to speak. Be patient, sometimes it will take several sessions before individuals engage.

Key terms:

Cognitive restructuring- skill of learning how to shift from negative to positive thinking patterns; thinking about something in a different way.

Self-efficacy – Self-efficacy beliefs, according to Albert Bandura, reflect how people feel, think, motivate themselves and behave (1994). With positive self- efficacy, people believe that they can make and maintain the necessary behavior changes to achieve what they want.