

# Counseling manual B: Physical activity counseling



# 1. LiSM10!® Basic posture of the counselor

1) Adopt a learning support approach, not a classroom approach.

First, listen to what the participants have to say.

Please take more time listening to what the participant has to say than talking yourself.

2) Respect the decisions made by the participants themselves.

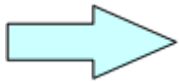
Support the “power to change” behavior that is inherent in each participant.

Demonstrate your support in such a way so as to draw out the power that each participant possesses.

Do not use words that tell the participants what they must do, e.g., “Please work hard” or “Please do [something].”

Do not ask the participants leading questions that result in the answers you want from them.

3) Please proceed with counseling according to the Stages of Change Model (your current action stage) and self-efficacy status.



Understand that this is different from the type of counseling you are normally accustomed to providing.

## 2. Flow of the program (models of the various counseling approaches)

1) Case 1

Advance preparation

Program begins

1.5 months

3 months

4.5 months

6 months

Health evaluation

Preliminary assessment

First goal-setting counseling (Face-to-face counseling)

Review counseling 1 (Face-to-face counseling)

Review counseling 2 (Face-to-face counseling)

Review counseling 3 (E-mail counseling)

Post-program assessments

Final counseling session (Face-to-face counseling, feedback)

## 2) Case 2

Advance preparation

Program begins

1.5 months

3 months

4.5 months

6 months

1 year

Health evaluation

Preliminary assessment

First goal-setting counseling (Face-to-face counseling)

Review counseling 1 (Face-to-face counseling)

Review counseling 2 (E-mail counseling)

Review counseling 3 (Face-to-face counseling)

Final counseling session (Face-to-face counseling, feedback)

Health evaluation

Post-program assessments

Follow-up counseling session (Face-to-face counseling)

## 3) Case 3

Advance preparation

Program begins

1.5 months

3 months

4.5 months

6 months

Health evaluation

Preliminary assessment

First goal-setting counseling (Face-to-face counseling)

Review counseling 1 (Face-to-face counseling)

Review counseling 2 (Telephone counseling)

Review counseling 3 (Telephone counseling)

Post-program assessments

Final counseling session (Face-to-face counseling, feedback)