



LiSM10!® Program

Using coaching skills during counseling

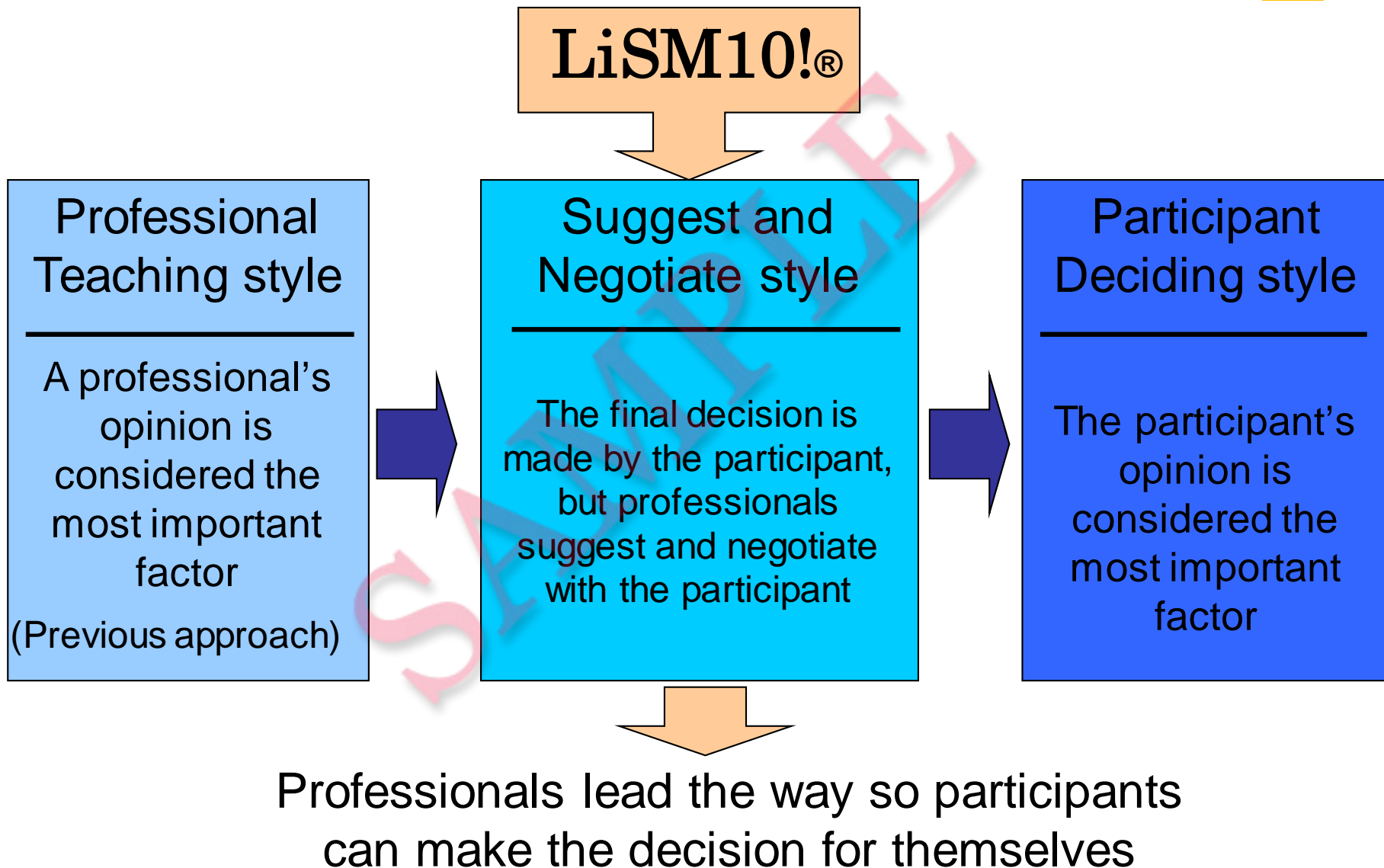
For a better support
during the Suggest and Negotiate style program

NPO International Science Institute (ILSI Japan)

Mika Kimura

(CTC Certified trainer, Certified coach)

Health Promotion Type





Personal goal setting

Self-monitoring

Counseling

Improving self-efficacy by repeating
small successes

Shifting from easy-to-achieve goals to more effective goals