



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

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Psychological factors

Learning outcomes

By the end of this session you will be able to:

- Describe psychological factors that could affect willingness to change to a healthy lifestyle
- Identify strategies that can positively affect a client's willingness to change to a healthy lifestyle

Psychological factors that could affect willingness to change to a healthy lifestyle

- Lack of self-confidence
- Feeling self-conscious
- Anxiety, stress, depression
- Previous negative experiences
- Fear of failure
- A lack of understanding of the benefits
- Uncomfortable stepping outside of one's comfort zone
- False perception of adopting such a lifestyle

Strategies that can positively affect a client's willingness to change to a healthy lifestyle

- Education – the benefits, the levels of commitment
- Start by implementing lifestyle changes e.g. walk to the shops as opposed to immediately signing up to a gym
- Create a support network
- Incentivise or reward positive changes
- Implement SMART goal setting

