

Strengths-Based Coaching Framework for Early Pain Conversations

Key Principles

- Prioritise safety, choice, collaboration, empowerment
- Avoid pressure or fixing
- Assume behaviour makes sense (not “non-compliance”)
- Look for what’s working, not just what’s wrong
- Build on existing capability, resilience, and values

Step 1: Create Safety & Permission

Example prompts: Would it be okay if we talk a bit about what you’ve been noticing?
 We can go at your pace, please say if something doesn’t feel helpful.

Step 2: Explore the Person’s Story (not just symptoms)

Prompts: What have you noticed so far?
 What concerns you most about this?
 What’s been helping, even a little?
 What feels possible for your body right now?
 What do you understand about what might be going on?

Step 3: Identify Strengths & Resources

Prompts: What have you already tried that helped?
 What strengths have got you through similar things before?
 Who or what supports you?
 What makes this easier or harder day-to-day?

Step 4: Collaborative Next Steps

Prompts: What feels important about addressing this now?
 What feels like a manageable next step?
 On a scale of 0–10, how doable does that feel?
 What would make it a point higher?
 What worries or hesitations do you have?

Step 5: Reinforce & Follow Up

Prompts: You’ve already figured out a lot
 If you would like to check in again, we are based here