



# Coaching change

A little help can go a long way when making healthy lifestyle changes.

By Susan Birkholtz and Bridget O'Meara

**T**rying to get motivated to eat better, stick to a regular exercise routine, quit tobacco or manage stress?

You are not alone. People who have succeeded in improving their well-being in these areas often attribute their success, at least in part, to working with an outside expert such as a trainer, healthy lifestyle coach, a tobacco cessation coach or Employee Assistance Program counselor to help them set goals and then take steps to get, and stay, healthy.

What follows are personal stories of Boeing employees who found that it's sometimes easier to make healthy lifestyle changes with a little help. ■

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**Share a success story.** We would like to hear from other employees who have made positive changes to better their well-being. From Outlook, e-mail GRP Boeing Well Being.

## Resources:

For more information on the Health Assessment, healthy lifestyle coaching or the Quit For Life program, visit: [www.BoeingWellness.com](http://www.BoeingWellness.com)

For more information on stress-management coaching, visit: [www.BoeingWellness.com](http://www.BoeingWellness.com)

To learn more about the Employee Assistance Program, call 1-866-719-5788 within the United States. International employees can call Canada collect at +1-905-270-7658. You also can visit: [www.Boeing.com/eap](http://www.Boeing.com/eap)

For Family Care Resources and referrals, call 1-800-985-6895 or visit: <http://familycare.web.boeing.com>



## Stress busters

A few years ago, Bridget Vavasseur, manager of the Boeing Store in El Segundo, Calif., was under a lot of stress at home and at work. Her daughter was about to graduate from high school. She had some aggressive sales goals at work and little time to meet them. Vavasseur was so anxious that she would sit in her office after the store closed just to relax for a while before driving home.

Her heightened stress did not go unnoticed when she completed the online Health Assessment that fall. Her health risk levels for stress were off-the-charts bad. But the good news was that she qualified to work with a stress-management coach from the Mayo Clinic over the phone. Vavasseur jumped at the chance.

"The coach was really nice. I told her how I was feeling. We

just talked," Vavasseur recalled. "She taught me to incorporate a number of stress-management tools into my everyday life. One simple one was to just stop and take a few breaths during times when I start to feel really stressed. That really helped, just to stop and breathe."

The coach pointed Vavasseur to other tools as well that helped her control stress.

Now, life is less stressful for Vavasseur than a few years ago. But she knows what to do just in case. "I still use the tools that my stress-management coach taught me. They're incorporated into my daily life now. They've made a big difference."

PHOTO: PAUL PINNER/BOEING





## Fresh start

With a 4-year-old son and another baby on the way, former smoker Jay Zayic decided he needed to change his lifestyle to be a good role model for his children.

"It was getting to the point where my son would see me smoking, and I didn't want him to learn any bad habits from me," said the 31-year-old Commercial Airplanes engineer in Renton, Wash. After taking the Health Assessment last year, he signed up for the Quit For Life program. Zayic also signed up for healthy lifestyle coaching to help him get—and stay—physically active and avoid putting on excess weight while he was in the process of quitting.

Over several months, Zayic had regular phone calls with both his coaches. "The best thing for me was to regularly talk with

someone," he said. "I found that I was less self-conscious and more honest and straightforward when I talked with someone I didn't know. The calls really kept me on track. ... I wasn't sure how talking to someone would help me quit smoking and stick to an exercise program, but I found that having two heads working on a problem was better than one."

Before he stopped smoking, Zayic recalled, he could hardly catch his breath after running. "Now, my legs are giving out before my lungs, and I feel good when I'm done running. I'd encourage other people to try these programs. It's tough to make lifestyle changes on your own."

PHOTO: MARIAN LOCKHART/BOEING





## Making the call

Cheryl D'Ambrosio, a 25-year Boeing veteran and process developer and integrator with the Flight Operations Test and Validation organization, describes her family's lifestyle as "living life between the bleeds."

For the past 17 years, she has been the caregiver for her stepdaughters, both of whom were born with a rare and severe form of hemophilia. Managing the girls' care requires frequent emergency room visits, countless blood transfusions and numerous hospitalizations. She and her husband must juggle work and home demands while attending to the girls in the hospital.

Early on, D'Ambrosio realized that to be an effective caregiver she had to take care of herself. She uses the Boeing fitness centers to stay fit and work off stress. Additionally, she participates in

on-site wellness screenings to monitor her blood pressure, cholesterol and other indicators. D'Ambrosio also has completed Stress Solutions, an eight-week stress management program offered on [www.BoeingWellness.com](http://www.BoeingWellness.com) and designed by health experts.

"I found lots of gems in their online program that gave me new ways of seeing things and hope," she said.

A few years ago, D'Ambrosio also took advantage of the Boeing Employee Assistance Program. "Sometimes, it helps to say things out loud to someone who is trained in listening to people in times of stress," she said. "I used to be reluctant to call, but I found EAP counselors help you sort things out and talk over what you might do to address your issues."

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