TINC Component 1: Nurse Coach Self-Development

Nurse Coach Self-Development includes four areas: 1) self-reflection, 2) self-assessment, 3) self-evaluation, and, 4) self-care. The Nurse Coach understands the importance of deepening personal self-exploration to identify one’s personal goals, action plans, and readiness, priority, and commitment to change. Through this process the Nurse Coach identifies and strengthens her/his Nurse Coach qualities and leadership capacities.

Self-reflection. Self-reflection is being in a present state of mindfulness with the inner awareness of our thoughts, feelings, judgments, beliefs, and perceptions that brings a person into the present moment. As Nurse Coaches increase their understanding and experience of mindfulness practice and healing through self-reflection, they declare their deep intention for presence in their personal life and nurse coaching endeavors. Self-reflection also leads to the deeper understanding of impermanence and surrendering to our capacity for healing.

Self-Assessment. Nurse Coaches use self-assessment in an informal or formal manner to deepen the experience of understanding their present way of life, feelings, and personal habits. There are many ways of engaging in self-assessment that may be done in an informal or formal manner. (See Integrative Health and Wellness Assessment [IHWA]).

Self-Evaluation. Self-evaluation invites exploration around many areas that may assist in letting go of fixed ideas about self or others. Learning to bear witness to personal joy as well as personal suffering is essential for coaching others. It is learning to use all the ingredients of life. Self-evaluation requires that we explore our understanding and experience of deep attention, intention, compassion, presence, empathy, humility, resilience, and healing.

Self-Care. Self-care assists Nurse Coaches with creating more balance and harmony in daily life. These are activities that are initiated and performed to maintain wellbeing. It includes the ability to increase awareness and choice, leading to behaviors and activities and integration of body, mind, and spirit. Self-care is valuing and recognizing how to care for self in order to be able to serve others.

TINC Component 2: Integral Perspectives and Change

The Nurse Coach explores integral perspectives in daily life and in coaching sessions. This is a comprehensive way to organize multiple phenomenon of human experience from four perspectives (four quadrants) of reality:
1. Individual interior “I” (subjective, personal)
2. Individual exterior “It” (objective, behavioral)
3. Collective interior “We” (interobjective, cultural)
4. Collective exterior “Its” (interobjective, systems/structures)

An integral process is a powerful framework that assists Nurse Coaches to help clients become more aware of their wholeness and power in knowing, which leads to freedom to choose new health patterns and behaviors, to identify their desired goals and make changes, and then to learn how to sustain these changes. It can be described as “connecting the dots” of one’s storyline

**TINC Component 3: Integrative Lifestyle Health and Wellbeing (ILHWB)**

Nurse Coaches recognized Integrative Lifestyle Health and Wellbeing (ILHWB) as a personalized approach that deals with primary prevention and underlying causality through a whole person perspective rather than traditional labels and codes for symptoms and diagnoses of disease. The ILHWB holds the worldview that human health is the microcosm of the macrocosm in the web of life. This is a science-based approach of health that is grounded in the following principles: energy field principles and dynamics; interconnectedness; promotion of optimizing our internal and external healing environments; patient-centered; biochemical individuality; and health on a wellness continuum.

**TINC Component 4: Awareness and Choice**

Nurse Coaches cultivate awareness and choice through knowledge and self-regulation skills of mindfulness; it is a volitional act of love. With increased capacities of awareness and choice, the individual may more easily access her/his vulnerability, which is a universal human awareness that our physical lives are transitory; vulnerability can serve as a bridge among all people. People respond to vulnerability in different ways and are manifest as willful, will-lessness, and willingness.

**TINC Component 5: Listening with HEART**

Listening with HEART (Healing, Energy, Awareness, Resiliency, Transformation) captures the dynamic elements within all TINC components. See Listening with HEART reflective questions. These are not formulaic questions. They are for the Nurse Coach to consider one or more questions within the context of the person being coached.

**Healing:** Healing is the emergent process of the whole system bringing together one’s self and the bio–psycho–social–spiritual–cultural–environmental aspects at deeper levels of inner knowing, leading towards integration and balance, with each aspect having equal importance and value.

**Energy:** Energy is a state and a process of an individual’s unfolding and enfolding and becoming aware of her/his energy field with the internal and external healing environments. The Nurse Coach enters into this dynamic energy flow with presence,
intention, and a state of consciousness of human wholeness with nothing “to fix,” and to participate knowingly to uncover the many levels and patterns within the client’s story.

**Awareness**: Awareness is mindfulness in the present moment to increases one’s capacities towards more helpful choices for achieving inner balance and harmony, and determining specific health goals and desired behavioral changes. (See TINC Component 4 above for more details).

**Resiliency**: Resiliency is generally considered to be a positive trait involving the capacity to cope with stress and adversity. Through the Nurse Coach and client relationship, one’s physical, mental, emotional, and spiritual resilience may be enhanced.

**Transformation**: Transformation is the process of the continual changing and evolution of one’s self, which includes reflecting on meaning, beliefs, values, and purpose in living. Listening with HEART reflective questions may potentiate and lead to the client’s greater understanding, meaning, and insight around lifestyle behaviors, awareness, and choice/s. This enhances creative emergence towards desired goals and behaviors, sustained change, and human flourishing.