

#8 Mautz

Fri, 2/11 7:09PM • 36:57

SUMMARY KEYWORDS

coaching, coach, people, diabetes, program, skills, lifestyle, steps, goals, person, talking, listening, home, feel, listeners, diabeetus, support, rick, health, class

SPEAKERS

Rick Mautz, Lucia Tiffany

Lucia Tiffany 00:05

Hello, and welcome to The Experts' Secrets To Diabetes Reversal Summit. I am so glad that you have chosen to be with us here today. And I'm really glad to welcome Rick Mautz who is our guest today. Thank you for joining us, Rick.

Rick Mautz 00:22

Hey, I'm really glad to be here and promote this, this program, love to see people getting better.

Lucia Tiffany 00:30

Yes, we both do. You know, Rick mots is the director of the Rocky Mountain Lifestyle Center in Denver, Colorado. He's a physical therapist with a master's in human biology. It turns out that he's worked more in lifestyle change programs than he has in physical therapy, starting with seven years at two different residential lifestyle centers. He also developed and ran a hospital based Lifestyle Medicine Department in California. So it sounds to me, Rick, like you've been involved in this area of lifestyle change, and its impact on disease reversal for quite some time. I'd love to hear how did you get interested in it? How did you start working in this instead of maybe the kind of traditional path that most physical therapists take?

Rick Mautz 01:18

Good question. After I finished physical therapy, I had an opportunity to do some had some free education, opportunity to get my Master's in human biology. And after that, I went to my first lifestyle, live-in program, worked there for five years. And we just learned so much as we listened to the doctors and the, the other presenters, and then I got involved with presenting. So after doing that, for five years, seeing group after group come through the program. I think anybody in lifestyle realizes, you get hurt, you realize prevention is so much more powerful than treatment, and decided I wanted to do as much of that as I could.

Lucia Tiffany 02:14

Well, that makes sense. It is a very rewarding field of work, isn't it? Now, as you watch people come into these lifestyle programs, learn new skills, get tools to actually start to reverse their lifestyle diseases like diabetes and heart disease and obesity. Did you notice any problems with that approach?

Rick Mautz 02:38

You know, I didn't see a problem when they were in the program. In fact, it was so exciting to be able to see people make major changes in their life and get off their medication. And in days, I mean, we had to, we had a comeback very quickly, as you often realize, with diabetes, medication, and so forth. And so with the, as I graduated from the program, we were so excited to be able to see that. And then as we started to follow up and check and see how they were doing, so many had reverted back to their lifestyle before, had to go back on their medication. Never were as bad as they were when they came. But it was very discouraging to be able to see them lose ground after they left.

Lucia Tiffany 03:34

Yes, it would be when they had seen things that were making positive changes for them. They were going in a good direction, and then they kind of backslide as they were when they went home. And what were some of the changes, for example, that a diabetic that was coming through a lifestyle program might be focusing on trying to do like, When were they learning to do in the lifestyle program that you were hoping they would continue to do when they went home?

Rick Mautz 04:00

I think the hardest thing to continue for a lot of people is the diet. Actually, the diet isn't all that hard. But usually when they came home, they have family members, they have to start cooking for themselves. I mean, when they're going through an immersion program, whether it's a residential program, we're cooking for them. I mean, it's just, you just have to show up and eat what's there and you're going to get better. It's not that way at home. Right. So we started this discovery that the time when they needed us the most. We were strangely absent. And that was when they returned home. They want to do small Yeah. And then they did when they were in the program.

Lucia Tiffany 04:47

Interesting. So it became obvious sounds like that. The follow up what they did when they went home was extremely important in their ability to sustain that changes they had perhaps learned about and even practiced in the lifestyle program. So did you, you know, you thought about that, what kind of solutions came to mind?

Rick Mautz 05:12

You know, I didn't see solutions for a long time for some reason. And it wasn't until I was working on that program in California where I set up the hospital based program, and coaching, came on the radar. And I actually took the course and passed everything and became a coach. And I realized that coaching was done over the phone primarily, hmm, because we were trying to find ways we could connect people in person with maybe alumni from the program. And it was just impossible. But once I caught on to the fact that coaching over the phone was possible, we could coach somebody from anywhere. Yeah. And so if we trained a pool of people, or trained our staff, we could follow them up

quite easily. And the other thing, coaching doesn't take that long. Because once you get a program set up, the motivation can be a barely 15 minutes a week, can change a life from anywhere.

Lucia Tiffany 06:26

So what happens in those 15 minutes? That's so powerful, do you think?

Rick Mautz 06:30

Well, it does take longer to start with, of course, because you're finding out where a person wants to be, and so forth. But once someone has chosen their steps, they've picked their goals, they have their short term goals laid out, then when I'm calling them, I'm just, I'm just talking to them about tell me how it's going. You know? Are you running the obstacles? Or is everything great? And where can I help you? And, of course, you realized, because I know you do coaching, that they're the ones who have to work the hardest. So we're actually saying, Well, tell me, tell me what you need to do to meet that goal. What do you need to do to get over overcome that obstacle, and often doesn't take too much. And many times, I like to keep it short. So they don't feel like oh, this is a coaching day, you know, I'm gonna have to sit there on the phone for an hour talking to this coach, they like it, if it's short, some of our most effective coaching schedules were coaching someone on their way home from work. Hmm. You know, when they've got a hands free device, it doesn't take any time for them. Right? They can, they can talk about some of the things and they don't feel like it was wasted time. So it becomes very, very effective. Well,

Lucia Tiffany 08:07

That's amazing. You know, coaching has become so popular in lots of different areas, right, you can find coaches for business or for health, all kinds of areas fitness, and so on. But what I have seen often is that coaching is also pretty expensive. So what about that hurdle? I know we're working with the diabetic population, those that are struggling with the challenges of diabetes. They don't always have a lot of extra money, especially if they've been spending a ton of money on medications and doctor bills and that sort of thing. So how does that work?

Rick Mautz 08:49

Well, as I looked at that problem, I realized that if a person themselves understand coaching skills, they can actually coach themselves. I mean, because the coaching skills, since we're making the patient do the work anyway. Why not have them be the coach? Well, teach them the steps. Now, here's another option that you can do. Okay? You teach them the skills, and then they find a friend who is willing to walk beside them in this process? And they say, How would you like to coach me, here are some skills that you can use on and now since both of them are you, then they become a better accountability partner. Because they're at least because when you understand some of the specific coaching skills, you can help a person more than just saying, oh, instead of just telling them what to do,

Lucia Tiffany

Do this, do that.

Rick Mautz

Yeah, you become a better listener, you learn to ask the right questions. So the person who's trying to make these changes can kind of say, Oh, I have a friend, and I'm going to have them be my coach. And since I know some coaching skills, I can kind of help them along. And then I'm going to put them in touch with some videos. And so you go out and find somebody you like, teach them to be the coach. You save money. And you're increasing the numbers of coaches out there, and you got to pick the one you wanted, someone already knew.

Lucia Tiffany 10:45

Well, that is definitely a twist on the buddy system idea that I have not heard widely talked about. So it sounds like you're talking about teaching ordinary lay people basic skills from your coaching experience, and from coaching kind of theory and philosophy that they can use kind of as a lay person with someone else, not as some certified coach. But also it can help them kind of think through their own support in a way or accountability. Tell us more about that out. How does this work? Kind of coach yourself?

Rick Mautz 11:27

Okay, let's, let's look at this. There's three questions that you want to ask yourself now just talking about coaching yourself, "Where am I now? Where do I want to be? And how do I get there?" That's pretty simple, yes. But when you ask those and you make the list, in other words, you have answered yourself and write down the answers. Like, what's my condition right now?

Rick Mautz 11:54

Normally, we don't think about things that way. So what is my condition? So I'm here, I want to get here. And you spell that one out? How would I get from here to there? Okay, so that's the starting place. So that's pretty simple. There are three questions. And then in coaching, there's actually three steps. We discover our vision or values. I call it your dream, kind of a big picture umbrella. Then you want to look at what my goals are. And then I break goals down into little steps, which I call short-term goals. So we have three questions you asked, you have three steps to do. I mean, you're halfway there.

Lucia Tiffany 12:50

Well, that's really interesting. So have you found that this approach is effective? And how so share a little bit about your experience working with this approach.

Rick Mautz 13:06

I haven't used it a lot, I just have to be honest with you because I can coach so I haven't had that opportunity. And so because I can do the coaching. But we are doing some diabetes improvement programs now. And we are having a hard time finding coaches. So I'm going to take my own advice now. And when they're coming to the program, they'll be going to oh, let me mention one other thing. And that is in Diabetes Undone. It's a program by Wes Youngberg that we are using, okay. And in his program, he teaches people how to coach themselves. Okay. In fact, a handout that I'm giving, making available to listeners is actually the outline that he gives in the Diabetes Undone, okay, but they also go a second step, and they have a video series of coaching training. By the way, I'm the teacher on that one. That comes with the video materials for the class. So ideally, what they like to do is to say if you

have a group of people, a church or something who's putting this on, see if there's people who are willing to become what we call health partners. We don't want to call them coaches because they're not taking a certification. They're not becoming real coaches, but they're learning coaching skills, enough to help people in this way. Don't have to be an expert. When you've gone through a class that teaches you all these in just reminders. Here's how to do what you learned. So yes, in that class, and I will make that video, our website or available where you could anybody watching can go through and learn those coaching skills. Oh,

Lucia Tiffany 15:16

that's awesome, Rick. And so I love it that you're making available some resources that can allow us to get started right away. Even if we can't hire a coach, we can find a buddy, we can learn what are the questions, we need to ask ourselves how to set our goals. Think about our vision or dream, how, where we want to get to eventually? And what are the steps to get there how we might make those steps. You know, that's a really interesting concept. Because I have found so often that even in classes where we're teaching people, for example, what they need to do to reverse diabetes, many times they'll say, "Well, I've heard that before, or I knew that." But the real Missing Link was implementing it. And often, accountability, I really believe can be that missing link. And it sounds like you found that out as well.

Rick Mautz 16:17

There's another element here. And that is if you've just taken a class. And now you're gonna learn how to coach or you have a friend who you're having be your accountability partner, there's not a long period of time between learning the skill and applying it. Hmm. So many times coaches, they will take classes, and there may be a long time before they really get into using those skills and you start to lose them. So if you are going to apply these skills immediately, with your friend, who is taking the diabetes reversal class, you will learn very quickly the skills and how to do that. And then you can go back and look at the videos. It may be one of the biggest impetus is to get a person into the coaching field because now they get to practice it.

Lucia Tiffany 17:17

Right. That's great, because I agree with you that there seems to be a real scarcity of coaches that are really trained in this evidence-based approach to diabetes reversal that we've been highlighting in our summit, which is looking at things like regular exercise and a low fat plant-based whole food focus diet. A lot of coaches, even in the area of diabetes, have not received a lot of training in this sort of information and understanding how this approach to diabetes reversal works. So everything we can do to multiply the people available to support, have support and give support seems to me to be a very valuable plan of attack for solving this problem. I am really pleased to hear what you're doing with this. It seems like you know, as you mentioned just a little bit ago, you have some resource materials that you are going to provide as a gift to our listeners today. Would you like to talk just a little bit about what's in those tools? What do they consist of, and how can they be used?

Rick Mautz 18:30

Okay? One of them is simply that list of things that Dr. Youngberg gives in his Diabetes Undone class on how to reach your goals, five steps to reach your goals and motivation, some of those type of things, there's just a list to go through. The other actually is a list of YouTube videos. And the reason for this is

I have found that when a person starts to kind of lose their motivation there is some very good material out there that are done by experts that are motivating. When I want you know and you hear so many people like Forks Over Knives, you change their life or Yeah or the game changers or something like that.

Lucia Tiffany 19:27

That's like a nearly dead

Rick Mautz 19:28

Yeah, yes. So if those are readily available, I mean I have it's interesting that probably the top of my list on the diabetes motivators are for Mastering Diabetes. Because these guys are beat every podcast that you can find probably every program I got, I looked at Rich Roll and and Physicians Committee for Responsible Medicine, all of those things. And so yeah, just listening to that. And I like to encourage people who are trying to make changes save, when you start to feel yourself slipping, just pop one of these in there, huh. And so if you already have a list of ones that are good, and I'm always updating this and trying to find better ones and synced and something that's not, sometimes you want something long, I mean, I think the rich podcast was two hours long with, with Cyrus and Robbie. But it's good. I mean, so if you want a complete package, spend two hours and watch that if you want us to snip it, go to the one that TED Talks. Yeah. And so I have those on there. So that's one of the sources too, it's just a list of things you can click on.

Lucia Tiffany 20:58

Oh, I love that. And I know I'm going to be clicking on that link myself, because I think it'd be wonderful to have a list of videos that I can watch when I want to be motivated to make healthier choices, to stay on the path that I have chosen, I makes me feel good and gives me energy. That sounds like a wonderful resource. And I really thank you for providing something like that for free. I think that's a great tool that our listeners will be able to really take advantage of. And you were talking about wanting to work with training these kind of informal support people, you call them help partners. I'd like to know more about your vision for extending the reach and the impact of these health partners that you are working together on getting like it sounded me like you're making some training materials or programs for it. I'm not sure where you are with that.

Rick Mautz 21:52

Yeah, no, we're doing quite a bit. I work with a religious group. I personally am a Seventh Day Adventist organization became very interested in coaching, I think probably because I started talking to the right people. And so we actually formed a organization. It's called the Adventist Association of Health and Wellness Coaching

Lucia Tiffany 22:24

Which you are the current president. **Rick Mautz 22:34**

Yeah, and I have to say, I got through it. I'm a charter member as well. So I think this is an awesome initiative. But I think this is exciting. I mean, we've got 1000s and 1000s of people that are in this religious group. And now we have a something that's kind of stimulating them into the coaching role and the coaching model. And so we're going to be doing more training and so forth on that as well. So

anybody can actually sign in and be involved with that. Because it's, it actually is a some of the evidence Association. It's just for some data. But we want to also be for you to be a member on that, for some reason, there's some limitations on. But we would still love to have people connect if they're looking for some organization where they can share together as fellow coaches. But we also decided that we wanted to do more than just sort of have certified coaches. So in this group, or anyone who is certified coach, someone who is interested in coaching, but I'm particularly interested in the aspect of what we call health partners. And that is something that doesn't say coaching in it. And so we're not going to we're not underneath any regulation, even if there ever was one on coaching. We can do our own certification as Health Partners. And is it is kind of local level of using coaching skills to help people. Higher level, right, and part of the reason we do that is because there are people who say they don't think they have time, don't want to put in the effort. Don't see themselves qualified to be a coach. That's to help people.

Lucia Tiffany 24:45

Mm hm.

Rick Mautz 24:46

And so we say, well, let's not call your coach then. You're just a health partner. It seems like when we name them that they don't feel quite as intimidated to be involved in that process.

Lucia Tiffany 24:58

Yeah, that's really interesting when I was a teenager, I got a hold of a book by Dan Welter. And it was titled How To Help A Friend. And it was kind of that same approach for lay people like, what kinds of questions do you ask how do you help a friend who's in trouble and needs support. And I loved that book. And I found it to be so helpful. As we might remember, when we were teenagers, that can be years where there's a lot of angst, a lot of anxiety, a lot of perceived big problems in life. And, and I just loved that approach where it wasn't you didn't have to be formally trained. But it was a really helpful book. And he had a lot of just kind of basic, how to listen to people and that sort of thing, which you're talking about. And I wanted to back up a little bit as you were mentioning, the this association of evidence, health and wellness coaches, I don't know if I quite said it exactly right. But whether or not you are a member of this group, I would like to suggest that you can contact one of us to often find a resource person in your community that you might be able to work with, if this is an aspect or something that you're interested in. Because members of this group are spread out all over the nation back outside of the United States as well. So it may well be that this could be a networking resource for you, if you're looking for either training in health partners, or you were looking for somebody in your community that might be a resource person connected with this, there are a lot of ways to access some of that help, you don't even have to be a member of the association to be able to do that. Exactly. So I just really appreciate you bringing that up. Because so many of our communities, I think about my community, it's a fairly rural community here in Northern California. And we don't have sometimes a lot of access to individuals that are trained in disease reversal and lifestyle interventions. But with technology, what it is today, we now have the ability to reach across the nation and internationally without leaving our homes, which is, I believe, such an advantage for people to connect, if you don't have a buddy next door, or even in your town that you could work with, I'm sure that there's a buddy that you can connect with somewhere on WhatsApp, or zoom, or just texting. So it doesn't matter

where you're at what your training is. I think that understanding the importance of relationships that are supportive, and that can help you to reach your goals is such an important concept that you brought out today, Rick, and I really, really appreciate that. We'll definitely want to stay tuned on learning more about training going forward, as you develop more programming around this concept, you'll have to keep us posted, we'll have to get you back on one of these summits for an update sometime.

Rick Mautz 28:07

Definitely. You brought up a point that I wanted to make, and that was the buddy system and that support. One of the things that I learned in coaching was there was these almost formal steps that you go through and even forms that we would fill out and so forth. And it's my goal to teach people how to coach in a way that even a coach may not recognize that they're coaching. In other words, that is so natural, that I'm listening. I'm asking the questions, and I'm not doing it in such a formal, regimented way, that it sounds like I am their coach. But I have the skill to make what they are doing very effective. And reaching their goals without even feeling like they're going through a coaching session.

Lucia Tiffany 29:12

You know, I love that because it sounds to me, like that's a skill that could help us in our relationships, whether or not it's around helping somebody with health, but actually goes into a lot of other areas of health just, you know, being good listeners can go a long ways and improving our interpersonal relationships and our families and our friends and all of that. Yeah. So

Rick Mautz 29:36

I mean, just anything somebody. I mean, just asking somebody “Tell me your dreams.” Mm hmm. I mean, that's not that's just a that's just a kind way of wanting to be involved with them, as opposed to “give me your vision statement. Let's write it down.” Tell me your dreams and, and I just want to listen to you and, and share with you the things that are important to you. I mean, that's just a wonderful way to live, I think, hmm.

Lucia Tiffany 30:13

It is. And, you know, talking to some of the other experts that I've interviewed for this series, several of them have brought up the concept of the importance of not just what's on your plate, or how you move your body, but the the aspect of love and support, and how important that is for sustainable lifestyle change.

Rick Mautz 30:38

Love it.

Lucia Tiffany 30:41

Yeah, I just I, you probably have some stories you could share along the those lines that really does remind me of one of my clients as we were talking. And she was struggling with some changes she wanted to make. And as we discussed and talked more in depth, it came out that she didn't feel worthy of taking care of herself, because nobody in her growing up years had made her feel like she was a valuable person. And so somewhere deep inside, she felt like this effort was somehow being wasted on herself. And it wasn't till she was able to internalize a little. The idea that that not just on an intellectual

basis, but a heart basis, that God saw her as extremely valuable, and that it didn't matter if other important people in her life had seen that or not that God saw it. And that's what really mattered. And, you know, it really made a difference. And I think for many people, there are things like that, whereas we just listen to them as we support them. They're able to sense that we value them. And in doing that, they get a little taste of what it means to be valued by God.

Rick Mautz 32:04

Oh, yeah. No, and we have... our lifestyle center, is has a strong spiritual base to it. Not that we preach to people when they come, but that we see each person as, you know, Child of God, we see them as important. And it's, and when we start talking to people, or I should say, even listening to them, we see, it's almost like, nobody else treats me like that. You know, for the first time they feel valued many times. And that is a beautiful step. And a powerful step towards achieving health. Yeah. And so the whole concept of listening, being caring about people, instead of just "Well, you do this, this, this and you'll be okay." I mean, we have we have prayer with people as they because, you know, God's available to help. He coaches us to I mean, he's probably the best coach. He listens all the time, to us. So that's one of the first steps of a good coach.

Lucia Tiffany 33:23

Yes. And I think that this concept is valuable. It doesn't matter what your particular spiritual background might be, whether you're a Christian, or you're not. But we all have the aspect of our being that involves our mind, our heart and spirituality. And as we have positively build positive relationships with each other, it helps to feed that. And I believe that this becomes important for anyone considering lifestyle change, no matter what their particular religious background might be, or, or lack of it, or what have you. We all need to feel that we matter to somebody. you know, what you're talking about here is such a practical way to communicate that to others. And I really, really appreciate you bringing that up. So before we close I this has been such a, I believe, valuable, valuable time that we spent together and these concepts, I hope that our listeners will really think about and say how can I integrate this into my life? How can I use some of the things that we've heard today to make changes that will help me to feel happier and have more energy and maybe even start reversing disease? If someone is really interested in what you've been presenting here today, they want to know more about training health partners or coaching themselves. What I know we're going to put some resources right below this video that you have already given us like websites and some ways that people can contact you. But I would, before we finish, I would like you to also have the opportunity to share a word of encouragement or inspiration, like people that just really, what would you like people to just really take away from our time together that can really make a difference for them?

Rick Mautz 35:21

Well, the biggest thing is to be there for them after the program, hmm, the continued support. And anything we can do to help a person who is a teacher or trainer, but even the person who is listening, that is just trying to make lifestyle changes on their own. We want to be available. And and I think as they feel supported, they will end up being willing to help other people as well. So I think it'll be paying forward. And that's the neat thing is to be able to see change lives and then multiply that forward to others.

Lucia Tiffany 36:18

Absolutely. I just want to say thank you, again, so much for spending this time with us together here, Rick, and I know that it's going to be an encouragement to our listeners. And I just want to say thank you. Thank you. Thank you and to our listeners. I hope this has been really helpful for you today. And I hope you write down something to take away from this interview that you can apply today. I just want to encourage you as you go forward on your own journey to better health to take the next step. We will be seeing you soon.