



Intrinsic Coach™

Interview

Badrien Caraway, RN,

Nursing Education Consultant

with the California Board of

Registered Nursing,

shares how Intrinsic

Coaching™ can bring about

her vision for the nursing

profession and nurses.



Badrieh Caraway, RN

With 25 years in Nursing and Health Education, Badrieh has experienced all aspects of leadership, management, teaching, evaluation, and consulting, designed programs for all levels of multidisciplinary services, and collaborated with diverse groups to improve policies and procedures, meet goals, and form organized partnerships, all with the aim of improving the standards of care, practice, and education in the health professions. Badrieh is currently a Nursing Education Consultant with the Board of Registered Nursing at the California Department of Consumer Affairs and acts as a consumer advocate.

Jodi Sivon, M.Ed.

Jodi Sivon, M.Ed. in Community Health, BA in Exercise Physiology, CHES, and certified by ACSM, ACE, and through the Cooper Institute, is an Intrinsic Coach™ Mentor for Totally Coached, Inc. and Manager of Health & Wellness for Cuyahoga Community College's Metropolitan Campus. As Intrinsic Coach™ Mentor, Ms. Sivon trains new coaches in the Intrinsic Coaching™ methodology. As Manager of H&W for Cuyahoga Community College, Ms. Sivon manages the campus H&W Center, designs, promotes, and implements all campus wellness programs, and serves as a resource and coach for healthy lifestyle choices for over 450 full-time employees and 6,000 students.



Q Thank you, Badrieh, for taking the time to talk today. Please tell us a little bit about yourself and your position as a Nursing Education Consultant.

A I am honored to be interviewed today. I am a registered nurse with a Master's Degree in Higher Education with a focus on Curriculum Development and an advanced Master's Degree in Instructional Design and Technology, both of which are from the University of Southern California, and are relevant to the healthcare services. During 20 plus years of my career I have held many teaching and leadership positions in both academia and services.

My current position is with the Board of Registered Nursing (BRN) at the State of California, Department of Consumer Affairs. My title is a Nursing Education Consultant, with the major goal to act as a consumer advocate. It is an honor to be a part of this prestigious Board, and to work with a team of highly respected, well-educated, and talented colleagues. The Board of Registered Nursing will cover a broad scope of activities, which includes Education, Licensing, Legislation, Enforcement, and Nursing Practice Act.

As a Nursing Education Consultant I have the opportunity to utilize my knowledge and expertise in reviewing various aspects of nursing education programs and work with the programs' directors and faculties on the implementation of the BRN rules & regulations. As a consumer advocate I conduct phone consultations on issues relevant to nursing practice act, rules and regulations. The other collaborative activities include working closely with the enforcement, legislation, licensing and other committees impacting nursing practice and consumer safety. These activities provide me with the opportunity to apply the principles of Intrinsic Coaching™ in my contact with various clients.

Q It sounds like you are working with every aspect of the nursing field and have many opportunities to integrate Intrinsic Coaching™. How did you become interested in the Intrinsic Coaching™ methodology?

A This is interesting because, through my professional career, I have assumed various roles and responsibilities in direct and indirect patient care and held management and leadership positions. I have been presented with

opportunities to interact with patients and providers of multidisciplinary teams, and have been involved in leading, consulting, coaching, and mentoring others. Through this journey I have learned various coaching and mentoring principles which have become my guiding light in succeeding in interaction and interpersonal relationships with others.

As a Certified Health Educational Specialist, I was looking for a program that specifically concentrated on the health and well being of a person. I started reading about the philosophy of the Intrinsic Coaching™ program offered through Totally Coached, Inc. and compared it with other Coaching and/or Mentoring programs that I have been involved with. I find the holistic approach in the Intrinsic Coaching™ methodology to fit really well with what I believe is the foundation of great coaching. In my opinion, accepting each person as capable, creative and complete can lead into a positive relationship and better outcome.

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Q Now that you are an Intrinsic Coach™, what stands out to you about the Intrinsic Coaching™ methodology?

A It's such a unique methodology in that it focuses so directly on goals and what is most important to the individual you are working with. Intrinsic Coaching™ helps people think better about their choices even after the coaching conversation is over. It values people for who they are. It's self-directed, meaning that the coachee is the active person in the conversation, and can be applied to all aspects of one's health and well being. Intrinsic Coaching™ has a broad ability to impact all the different aspects of a person's life. That is what is outstanding about Intrinsic Coaching™.

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Q What impact has Intrinsic Coaching™ had on you both professionally and personally?

A Intrinsic Coaching™ enabled me to appreciate the inner idea and inner feelings that I have. It also was very effective in dealing with my colleagues and with my family, especially my teenage daughter. Intrinsic Coaching™ really enhanced the communication between me and my daughter. I view her as capable, creative and complete and know that she has answers within. I value everyone else's expertise and their contributions both in my personal life and my professional life. Intrinsic Coaching™ has given me a lot of skills such as listening and coaching others to create outcomes that are important to them. That is why I am so impressed with this methodology—it works and everyone benefits.

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Q I like that you said Intrinsic Coaching™ helps you value people for who they are and the expertise they have, which includes the expertise they have about themselves. With everything you have learned, how do you see Intrinsic Coaching™ fitting into the nursing profession?

A I feel strongly that Intrinsic Coaching™ impacts nursing in different areas. Some of the areas I think Intrinsic Coaching™ can have considerable impact on are enhancing the communication with nurses and their families, establishing a positive family and working environment, maintaining harmony with each other, and increasing positive attitudes. Intrinsic Coaching™ helps us feel great about ourselves, that we can accomplish what's important to us, and enables us to have this same impact on someone else's life. Integrating Intrinsic Coaching™ into the nursing work environment enhances teamwork and increases productivity. These are just some areas I think Intrinsic Coaching™ can have an impact on. As I mentioned earlier, Intrinsic Coaching™ can be applied to just about every aspect of life.

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Q What a wonderful picture you paint for both nurses and the patients and family members they serve! For nurses to view themselves and their patients as capable, creative and complete is an empowering thing.

A It is empowering. If nurses can continue to nourish the patients and truly serve them we have a great opportunity.

Q What is your personal vision for nurse professionals and how does Intrinsic Coaching™ support that vision?

A I envision Intrinsic Coaching™ being integrated in the professional nursing leadership. I also envision it being re-enforced in the nursing practice, meaning the nurses would practice it in caring for the patients. Intrinsic Coaching™ can be utilized in all aspects of nursing, caring for the patients as well as team building and even training. I hope that one day Intrinsic Coaching™ can be a part of the curriculum at the schools, too. It can reinforce for nurses the reason they chose the nursing field in the first place and help them keep that in the forefront as they care for patients. It also would enable them to value people for who they are and the contributions they can make to their care.

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Q I'm hearing a common theme throughout your answers—that Intrinsic Coaching™ fits into all aspects of what you do. It's not limited to just one area. So Badrieh, what is most rewarding for you in being an Intrinsic Coach™ professional?

A What is most rewarding for me is I use Intrinsic Coaching™ in all of my daily activities. As a mother of the two teenage daughters I use the listening skills on a daily basis and notice the changes in my communication with my family members. The opportunity of using the principles of Intrinsic Coaching™ is endless either as one-on-one coaching conversations or just taking a coaching approach to interactions with people. It really helps me to deal with my family, my colleagues, and my clients at every encounter I have with them. I learned to establish harmony in myself, be patient with myself and know that I don't have to have all the answers for all the situations. And from that I have received feedback from others saying they enjoy being around me. That personally gives me a lot of satisfaction.

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Q That is wonderful! And when you take a coaching approach you are passing this way of being on to others. They see this difference in you and, at the same time, you are making a difference for them. What do you want for other nurse professionals?

A I would like to have the opportunity to promote the principles of Intrinsic Coaching™ to the various levels of the nursing profession. I believe that nurses have a great opportunity to use these principles in their daily communication and interaction with their patients, colleagues, and family members. I believe that Intrinsic Coaching™ applied to daily activities will decrease the stress levels that come with the nursing profession. As I mentioned, Intrinsic Coaching™ creates harmony within oneself and between others and this can help promote a positive working and living environment. I strongly believe that Intrinsic Coaching™ will help in all service areas. Anyone can

benefit from it. I hope I have the opportunity to pursue more advanced Intrinsic Coach™ training and share my learning with my colleagues so that they, too, will become Intrinsic Coach™ professionals.

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We can always learn and can always grow as coaches, so I want that for you too.

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Thank you. Intrinsic Coaching™ taught me to view people as capable, creative and complete and to empower them to find the pathway to accomplishing what's important to them. This is parallel to my professional goal of compassionate care. Compassion is the foundation of the nursing profession and that fits well with Intrinsic Coaching™. Again, I envision integrating Intrinsic Coaching™ into this field.

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Do you have any other thoughts about Intrinsic Coaching™ that you want to share?

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I think that in the near future there will be Intrinsic Coach™ training in many programs. Personally, I would love to use more of it in my relationships and in my communication with others. You can take an Intrinsic Coaching™ approach to just about any aspect of personal and professional life and benefit from it.

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On a side note, I really enjoyed the 12 weeks of Intrinsic Coach™ training. The training via teleconference was a very effective method and it saves traveling time. I appreciate the time we spent together and the knowledge and values everyone in our group brought to the training. We had twelve different people coming from all different backgrounds so everybody brought their own expertise and we learned from each other. The team was so dedicated, and they were so compassionate in helping each other learn this methodology. I appreciate the opportunity to become an Intrinsic Coach™!

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Thank you, Badrieh, for taking the time to talk. You're a great role model.

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Thank you. I appreciate the opportunity to be interviewed. I am going to continue applying Intrinsic Coaching™ to my daily activities and continue on with my learning. I want to give the benefits of what I learned back to Totally Coached, Inc. and to the community.

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Who is Totally Coached, Inc.?

Totally Coached, Inc. is a Scottsdale, AZ based company that founded the proprietary and uniquely effective Intrinsic Coaching™ methodology. Reaching internationally, the Intrinsic Coaching™ methodology enables “Thinking better. Together.™” for benefits that extend across the workplace and beyond the organization’s walls to create healthier lives, healthier organizations, and a healthier world.

To be an Intrinsic Coach™ like Registered Nurse, Badrieh Caraway, contact 480-515-5220 or totallycoached@totallycoached.com.

Make a better life.
Live a better world.™