

What is a Cancer or Survivor Coach?

(And Why Would I Need One?)



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WHAT'S NEXT FOR MY LIFE?™

Why would someone need a cancer or survivor coach?

Cancer or survivorship coaches can supplement the efforts of your medical team at all stages of the cancer journey. Sometimes the role of a coach is filled by someone who is part of your medical care team. Often, a coach is brought in to fill in gaps or expand support in these specific areas where and when you need it.

- Manage emotions / gain coping skills
- Navigate the process and unknown things
- Support in medical research and decision making
- Guidance in transitioning to a New Normal life when active treatment ends

If you don't feel like you are getting what you need to be able to manage your emotions or make decisions, you might want to consider bringing in a coach.



What is a cancer coach and / or survivor coach? The terms Cancer Coach and Survivor Coach can be used interchangeably. I personally tend to use cancer coach for coaches who specialize in the medical treatment of the disease, and survivor coach for those who support the transition from active treatment through the creation of a New Normal life, like me.

A cancer or survivor coach is someone who is trained, experienced, and able to:

- Support emotional health and social support in times of crisis
- Provide support / guidance in making decisions and choosing actions
- Help manage the details of all the new things that are happening
- Supply professional oncology expertise, training, and / or personal experience
- Advocate and serve as a voice for patient; ensuring concerns considerations are addressed
- Provide a framework for creating a New Normal life after active treatment ends.

Common Ways Cancer / Survivor Coaches Help People

Time of Diagnosis / Active Treatment: Shock, disbelief, fear, and roller coaster emotions at time of diagnosis can create fear and anxiety, and inhibit decision making and delay treatment choices. Medical treatment is the top priority and other things become secondary during this time. Navigating through all of the new and unknown things is crucial. Finding emotional and social support can be challenging. Often, most of the patients' needs are met by the healthcare system during this time. Coaching can:

- Quickly calm stress, reduce fear, and improve decision making and coping skills.
- Serve as, or support, navigation of medical treatment.
- Provide impartial help exploring and choosing medical options, such as second opinions, clinical trials, practitioners, resources, and alternative options.
- Advocate for patient.
- Help manage treatments' impact on life day-to-day life.

End of Active Treatment Transition: Medical team provides Survivorship Care Plan – medical after effects and follow-up regime. Regular contact with healthcare professionals ends. Roller coaster emotions and fear may return. Preventing recurrence and getting back to normal are the top priorities. Coaching can help:

- Acclimate to loss of regular contact with healthcare professionals.
- Be an alternative or additional support for psychological counseling.
- Begin taking stock of what you want and what works for you going forward.
- Identify health/wellness areas for improvement.
- Create an ongoing support system.
- Ease the transition back into responsibilities and activities.

Survivorship / New Normal Life: Survivor focuses on self-exploration, normal living and is reconciled with changes of the cancer experience. Life focus and routine are no longer primarily focused on cancer. Desire to live more fully and give back are common. Coaching can:

- Create balance so you feel nourished rather than depleted.
- Take stock of what you want and what works for you going forward.
- Create and implement realistic goals and action plans for life issues.
- Create new, sustainable, holistic practices to maintain wellness.
- Integrate desires to be healthy, make the most of time, and give back into day to day life.

“Coaching helped me slow down, shifting my focus from big picture goals that were overwhelming me to identifying all the little details of daily & weekly short term baby action steps to help me be in the present moment and build toward my larger goals.” - Tiffany

“Thanks for the strength, motivation, and drive to start my life moving again.”

– Lome

“I now recognize that I have to choose to take action to make any significant changes since my diagnosis.”

- Aileen

How do you find the right coach?

1. Identify what you need help with.
2. Use various resources to find a coach
 - Summit speakers
 - Ask your treatment team
 - Cancer Coach Listings
 - Online / Google
3. Find the ones who specialize in the area you need help with.
4. Confirm that they are established, credentialed, and respected.
5. Interview them.
6. Pick the one that resonates with you, who you trust and feel a rapport with.

Find a Cancer/Survivor Coach

[Find Your New Normal Directory](#)

[The Cancer Journey Coach Listing](#)

[National Association of Professional Cancer Coaches](#)

[Professional Cancer Coaches International](#)

What questions should you ask?

- What experience do you have and what is your specialty?
- Specifically, what will you do for me?
- How will we work together?
- What will your role be in my integrated care team?
- Can I talk with past clients?

What should you avoid?

- Someone who does not have verifiable training, credentials, or references.
- Promises that seem too good to be true.
- Pushing of products or supplements.
- Telling you what to do vs. helping you decide what to do.
- People who are dismissive of your thoughts, ideas or concerns.

What's Next For Your Life? Schedule a FREE 30-minute phone or online consultation [with Paula](#) to begin finding out!



20-year breast cancer survivor Paula Holland De Long is an authority on how the lessons of cancer survivorship can bring joy, passion and purpose to anyone's life. Over 95% of Paula's clients report significant increases in their feelings of empowerment, and their ability to make choices and take action in all areas of their lives. Learn more at WhatsNextForMyLife.com.

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