



## ***What's Next for My Life?™ End of Treatment Program Outcomes***

### **Overview:**

When treatment ends, most cancer patients feel bewildered by the question, ***“What's Next For My Life?™”*** Our unique life-coaching program **empowers** patients **to take control** in their lives and **accept emotions and feelings about survivorship** as normal and natural and provides the self knowledge and tools to set goals a make a healthy transition to their “New Normal” life.

*“What's Next For My Life?”* is a group support workshop that enhances the survivor’s ability to:

- **Reduce stress and anxiety**
- **Comply with treatment protocols**
- **Make informed choices and healthy decisions**
- **Share concerns ask for what they need** with the healthcare team
- Creates **foundation for creating new life after cancer** when “safety net” of regular treatment ends
- **Proactively manage survivorship long term**

Real world outcome data documents **effective and rapid transformation** of negative emotions and attitudes **into acceptance, hope and the ability to make choices and take action.**

The impetus behind “What's Next For My Life?” is the real-life experience of certified professional life coach Paula Holland De Long CPCC, ACC, a 14-year breast cancer survivor and 10-year American Cancer Society employee. The course has been successful for Broward General Medical Center, Southeast Florida Cancer Control Collaborative, Gilda’s Club South Florida, The Wellness Community and more.

**Treatment centers, oncology practices, and support or organizations provide this program to their constituents.**

### **“What's Next For My Life?” Program Description:**

***What is it?*** Life coaching techniques are used to explore specific emotional issues experienced by most survivors when their treatment ends. Survivors **share emotions, clear fears and create hope** for the future as they begin to create their own definition of normalcy.

***How does it work?*** Participants explore key lessons, reinforced by group discussion, personal exploration exercises and homework assignments. They learn about the **emotional stages of cancer, regaining control of their lives, honoring personal values, and how to achieve goals.**

***How is the course structured?*** WNFML is offered as a one -day workshop, or as a 4 week course with 2-hour sessions.

***How can survivors participate?*** Cancer centers and support organizations can sponsor the workshop for their patients or partner with What's Next For My Life Inc., to provide if for a fee to their patients. The sponsoring organization provides the facility and invites their patients to participate.

## POSITIVE BENEFITS:

### Healthcare Professionals:

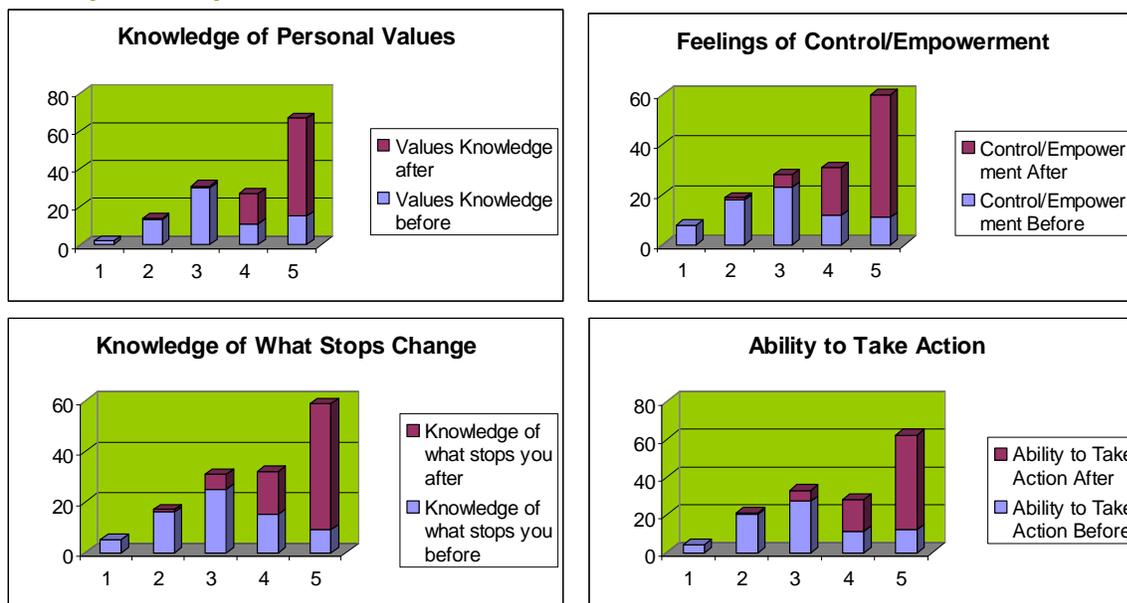
- Enhances patient's ability to **proactively manage their recovery**, reducing time and emotional stress of transition and healing for patient and healthcare provider.
- Increases patient's ability to **ask for what they need** and **share concerns** with their healthcare team.

### Patients & Survivors:

- Provides reassurance, **eases concerns**, and **helps patient process common emotions** successfully when their "safety net" of regular, frequent contact with the health care system ends.
- Increases the survivor's self esteem and confidence by helping them **regain a measure of control over their own decisions and future**.
- Provides an opportunity for the survivor to create a **healthier, happier life** that reflects their **personal values and ideals**.
- Teaches the survivor how to **identify and maintain specific actions** for change.

**PROGRAM DESCRIPTION:** 82 people have participated in the course developed by 14-year cancer survivor and life coach Paula Holland De Long CPCC, ACC, most of whom were ending treatment soon or had completed treatment within the last 18 months to 3 years. The participants were primarily women, aged mid thirties to mid sixties, and of various ethnic groups. There were varied types of cancer and projected outcomes represented.

### Participant Response Details:



Participants from the groups rated their before and after knowledge on the topics below on a scale of one to five with 1 being the lowest or least and 5 being the highest or most. Outcome results were obtained by written evaluations and personal interviews at the events. The participants' before and after knowledge of key topics or characteristics were rated on a scale of one to five. The participants also provided general feedback about the course.

## Program Outcomes:

This program's **impact on healing** and the **successful transition from patient to survivor** appears to hold great promise. In pretests, a majority of participants rated their feelings of camaraderie, knowledge of common emotions, acceptance of their emotions, feelings of empowerment, knowledge of their values, permission to choose, and ability and motivation to take action at 3 or lower. Post-test results showed ratings increases to 4's and 5's in all areas measured. Several patients had increases of 3 to 4 points in some areas and had **noticeable changes in their attitude and demeanor** after participating.

These results indicate:

- The renewed sense of **choice and control** found through personal values and priorities exploration provide much needed clarity and support for the survivor facing the changes and demands of creating life after cancer, and to **proactively manage survivorship** in the short and long term.
- The course can benefit survivors, their loved ones, healthcare professionals and the community by **reducing the time and emotional stress** needed to transition from the time of diagnosis and treatment into a healthy life as a survivor.

## FOR MORE INFORMATION:

- Contact Paula Holland De Long at 954-565-6894, paula@whatsnextformylife.com or visit [www.WhatsNextForMyLife.com](http://www.WhatsNextForMyLife.com).

## Participant Comments:

### What did you like most about the workshop?

- All the things I learned about the emotions of having and surviving cancer, and the friendships from the group.
- Listing our values and really going inside ourselves to how we can make our values work better for us.
- Learning more skills to deal with my fears and move forward.
- Being taught about the little voices in my head and how they can be stopped.
- The focus on the person, not the illness.
- Very informative and kept it at a level I understand.
- It made everyone think about how they could feel better about themselves.
- The freedom I needed to choose what will help me most."

### What would you like to see more of in the future?

- More workshops like the one from today.
- Ways to manage the 'day after Christmas' feeling when treatment ends.
- All of it again! More things like this.

*"It gave me more strength, motivation and drive to start my life moving again." – Lome, June 2010*

*"I now recognize that I have to choose to take action to make any significant changes since my diagnosis." – Aileen, June 2010*

*"Learning about internal resistance and how to overcome it." – Leslie, October 2009*

*"The thing I liked best about the workshop was that we aren't victims of cancer and life, but have the tools to revive and pursue passions. The greatest gift was knowing that for two full days my entire time and focus would be on me and getting the help I both need and so well deserve." - Jane, July 08*