

Self-Leadership Coaching Program to empower Patients with CML



ASSOCIAZIONE ITALIANA PAZIENTI
Leucemia Mieloide Cronica

INTRODUCTIONS AND AIMS

In Italy, the healthcare system is made up of 21 regional systems.

Currently:

- Doctors struggle to find time to fully understanding the more human and profound aspects of the patients.
- Only 10% of patients actively engage with their doctor in their therapeutic and decision-making processes.
- Patients' adherence to lifestyle changes rarely exceeds 10%.
- Almost 50% of patients leave the doctor's office without fully understand what he told them.

The **Self-Leadership Program** has been designed to empower patients, enhancing their resilience and fostering an anti-fragile mindset.

For patients, this program serves as a **training in awareness**.

- It helps them **overcome their challenges**.
- It assists them to **redesign their lives**.
- It enables them in transforming and **improving their relationships**.

METHODOLOGY

Target: CML PATIENT

Self-Leadership Coaching Program and supports

Group Sessions: Online sessions for groups of up to 10 patients.

- **Duration:** 2 months of weekly sessions, followed by 4 months of biweekly sessions, plus private coaching sessions.
- **Between Sessions:** Patients receive homework and guided meditation practices.

One-Day Retreat: with self-leadership coaching, yoga, nutrition, and home harmonization sessions to enhance overall well-being.

Resource:

- **Funding:** Grants and patient donations. **Team:** Health coach, yoga trainer, dietitian, and Feng Shui expert.

Evaluation strategy: Quality of Life (QOL) assessment at the start and end of the program, a Team review to assess individual progress **and identify areas for improvement**.

REFERENCES

During the course of my chronic illness, I lost sight of who I was. But after this self-leadership coaching program I came out transformed. Slowly, I started rewriting my story. Sometimes, all we need is **a user manual for life**, and this journey gave me one.

By Valeria Leanza Psychologist and Banking Executive

RESULTS

Participants report facing life with a greater awareness, energy, and optimism

- Stronger personal and professional relationships
- Improved relationships with doctors and healthcare staff
- Healthier physical and nutritional habits, including:
 - Better dietary choices
 - Regular yoga practice
 - walking routines
- Engagement in new hobbies or work activities

CONCLUSIONS

Challenge: Keeping patient engaged and committed while helping them develop self-discipline.

Solution: Individual coaching sessions and sharing a trained Self-Leadership Program patient's journey, the steps taken to build awareness of her health, made the difference. Psychological support, meditation, yoga, a healthy diet, and physical training, along with the results achieved, became powerful motivators to keep patients committed to the program.

Messages to take home

- Stepping out of your comfort zone leads to real, positive life changes.
- Never give up. There are always solutions.
- Awareness is the key to overcoming illness and life's challenges.
- Equip yourself with the right tools to manage your life.

INSTRUCTIONS FOR CML Horizons 2025 POSTERS

The poster template is provided for your convenience. However, you are welcome to design your own. Feel free to be as creative as you like! It would be most suitable to use a vertical setting, as shown in the example. Keep in mind that viewers typically expect information to flow from left to right and from top to bottom. Clarify the poster's sequence or flow with the use of arrows, hands, numbers, or letters. Your information should be labelled with headings and subheadings. This is a chance for you to present an activity, project, or initiative that was developed by your CML patient organization in the period 2024-2025.

REGARDING STYLE

- Size of the poster template: **A1: 59 x 84 cm**
- You can use this poster template, or you can have your own design. Be creative as you like!
- Use at least 36-point font for your text and at least 48-point font for the title. Your font style should be legible also.
- We recommend to use images, tables, photos or graphs. Minimum recommended size is 300 dpi.
- Remember that viewers will typically expect information to flow from left to right and from top to bottom. Use arrows, pointing hands, numbers, or letters to help clarify the sequence or flow of the poster.
- Use headings and subheadings to label your information.

REGARDING CONTENT

- You can present an activity, project, initiative from 2024 & 2025 developed by your CML patient organization.

INSTRUCTIONS FOR CML Horizons 2025 POSTERS

AN IDEAL POSTER SHOULD BE:

- **It is readable.** Putting simply, readability refers to the ease with which the ideas and messages presented in the poster are understood. The text will be more difficult to follow if it contains grammatical errors, misspellings, or complex sentences.
- ***Is it understandable.*** A clear and easy-to-read text is essential. Using fonts that are too small for reading a poster from 1 to 2 meters away is a common poster presentation error.
- ***It is well organized.*** By organizing your poster spatially, you can reach 95% instead of just 5% of your audience: this means that the reader will not have to search for information and can spend more time learning about the initiative.
- **Concise.** There are only 11 seconds for you to catch and maintain the attention of your audience, so make the punch line obvious and concise. Most of your audience is going to absorb only the punch line. Those who are really interested in the topic will seek you out anyway and chat with you!