

A photograph of three people sitting outdoors in a park-like setting. On the left is a woman with reddish-brown hair, smiling. In the center is an older man with a grey beard, wearing a camouflage t-shirt and a matching cap. On the right is a younger man in a military uniform and a brown cap, also smiling. They appear to be in a conversation.

# Coaching for Veterans: A Pathway to Healing, Purpose, and Reintegration

BY DR. WIL RODRÍGUEZ

**EMPOWR U**

## Introduction

Veterans often return from service—*not* *unpack*—the invisible wounds—*fraud*, disconnection, and a profound new meaning in civilian life. Coaching emerges as a powerful tool to support the transitions—not as (or in empowerment, vision, and co-created.

This article explores current approaches, *best* *post* *models*, and a *syn* *ro*—*qual* model for coaching veterans, *entire* *ment* *a* *prays*, *we* *zal* *prays*.

## Current Coaching Approaches for Veterans



# CURRENT COACHING APPROACHES FOR VETERANS

## WHOLE HEALTH COACHING (VETERANS AFFAIRS -VA)

A holistic model by the U.S. Department of Veterans Affairs centers on the whole person, not just symptoms. Veterans collaborate with coaches to align life goals with health behaviors, drawing from personalized health planning.

- Improved mental health
- Enhanced self-management
- Deepened life purpose

## TRANSFORMATIONAL COACHING IN VA HEALTHCARE TEAMS

Used internally in the VA system, this model supports team transformation through coaching techniques that develop leadership, adaptability, and system-wide change.

## POSITIVE PSYCHOLOGY COACHING FOR TRANSITIONS

This theory-based model emphasizes strengths, resilience, and optimism—especially during reintegration into civilian work and society.





# CURRENT COACHING APPROACHES FOR THE VETERAN POPULATION

Coaching services provide these seekers to increased amidscummundity of relevance in the center of addating experiences for veterans. Traditional coaching methods have sbrown to more relevant to the verexans. Its abance to include cultural competency, addressing trauma and transition challenges, goal setting, identity reconstruction, communication development and develop-

## **Personal Development and Transition**

Important for veterans manage the shift to civilian life. Through.Introspection. tecognizing and developing their strengls and values. Coaching support can set res, elent goals, finding new purpose, and building civilian identittes.

## **Trauma-Informed Care**

Trauma are benefitted in common ways of veterans. The importance best-Invasting assessment is sensitive. As approesur, or-cognizing awareness about fliggers, avoldin re traxinatization. Employ techniques like Cogniline Behavioral Therapy (SeCT), mindfuiness, and identify responthly.

## **Personal Development and Transition**

Veterans common experience traume are common. Ti addresses, it sensitively, aseoid addressing issues, understanding in san-itanity in unsorting impacitlul to abserts of thase itiating yearpora. here address. awareness about triggers, avoid a naviot-semforacy enace into meanpful, employ techniques. Uke Cognitive Behavioral Therapy or mindfulness stress.

## **Building Trust and Rapport**

As coaching interaction with veteran, veterans must resour enrie through empathy, accountability, active listening, and frequent feedback.

## Modeling the Coaching Process

A coaching interaction with a veteran might involve these critical steps:



# THE COACHING PROCESS

## *for Veterans*

Here is a tailored coaching framework designed for veterans:

### **1 CONNECTION & TRUST BUILDING**

Create a sacred space where the veteran feels-seen and heard

### **2 HOLISTIC ASSESSMENT**

Use tools like the Personal Health Inventory (PHI) to explore life domains: body, mind, spirit, relationships, and purpose.

### **3 VISION & GOAL-SETTING (GROW MODEL)**

- Goal: What does a fulfilled life look like now?
- Reality: What's working and what's not?
- Options: What paths exist?
- Will: What's one small, bold step?

### **4 STRATEGY DEVELOPMENT**

Collaboratively design small, meaningful actions.

### **5 SUPPORT AND FEEDBACK LOOPS**

Establish rituals of reflection, encouragement, and iteration,





## CONCLUSION

Coaching as a powerful tool for supporting veterans, a flevery a resette st us's clvey aspepects as cey, aspects such as undarstanding, practical strategies, cultural sensitivity, cultivated; collaboration, goal-setting, and strengths-based focus, resilience and adaptability.

Coaching provides unsrued the the challenges facing veteran tries in and unlock their potential. In emparny, "respect, as coaching will ensure that empathy, respect and commitment must acupr us post-military lives.

To empower the coaching a' keen to empower our heroes build fulfilling and successful post-military lives.



# CREDITS

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