2 Day programme in Health Coaching Skills Development

Date: 26th January & 4th February 2020

Venue: Virtual Programme

Time: 9.15 am – 4.30 pm

Health coaching is a goal-oriented, person-centered partnership that is health-focused and occurs through a process of client enlightenment and empowerment.

(Olsen, 2014)

**What is Health Coaching?**

Health coaching is an umbrella term used to describe many different interventions that ‘coach’ or actively support people to self-care. It involves a move away from a dependent model to one that is person centred, empowering, and based around a person’s own aspirations and goals.

Health coaching is a combination of practitioner skills plus behaviour change assistance that guides and prompts people to be active participants in behaviour change. It aims to raise awareness and responsibility of the person for their own health and wellbeing, achieved through a transformation in the practitioner/service user relationship.

Health coaching is based on strong provider communication and negotiation skills, informed, service user-defined goals, conscious choices, exploration of the consequences of decisions, & service user accountability for decisions made.

**The benefits of Health Coaching**

Health Coaching combines coaching methodologies with psychological and behavioural change interventions to enable transformative conversations in health care settings. Through the programme, clinicians can learn to use health coaching mindsets, skills and techniques in conjunction with their clinical knowledge to enable service users to become more activated and take greater responsibility for their health.

A health coaching approach sees patients as truly resourceful, as an equal in the clinician-patient relationship, and as the holders of the solutions to the health challenges that they face. It sees a clinician’s role as including the provision of expert information when it is required, and as a mechanism to support the setting of meaningful health goals and the framing of conversations/ consultations in which a patient is supported to make decisions about their own health that is supported by expert clinician input when required. Benefits include:-

* Increased patient activation
* Increases in preventative behaviours and self-management
* Improved practitioner-service user communication and partnership
* Long term sustained benefits in terms of cost reductions and service development
* Engaged clinicians who can more efficiently respond in how they deliver services and prevent future high use of resources

**Programme Content**

The programme aims to build on the many skills you already possess in order to enhance the quality of conversations that you have with people through using a health coaching approach.

Programmes will be highly experiential with many opportunities to practice skills, share experience, develop relationships and network with other clinicians. They will cover:

* The foundations of coaching and how coaching can be used with patients
* The use of behavioural health coaching for brief interventions
* Setting effective goals with patients that encourage self care
* Trust and rapport and the implications for behaviour change
* Listening Questioning and Challenging skills
* Encouraging patient activation and self-responsibility
* The principles of health behaviour change
* Increasing adherence through coaching
* The application of principles from health psychology and behavioural medicine in a coaching framework
* The use of motivational interviewing and solution focused coaching to support behaviour change

**What people say**

*“This training was more enlightening and useful than any other course I have attended in my 30 years of nursing. These are essential skills for NHS staff with the current demography and client base”* – Nurse

“*This has been for me, the best consultation skills course I have ever been on and it was amazing to see how it can be done in the 10 minute consultation as demonstrated*” – GP

*I have more confidence in having consultations with patients due to the training. Patients feel more involved in the decision making of their health and they feel more confident in my skills and advice*” – Pharmacist

**About TPC Health**

TPC Health is part of TPC Leadership, formerly known as The Performance Coach. TPC Health has driven the development of health coaching within the UK, delivering programmes to over 4000 NHS health professionals. Our programmes are led by clinicians from a wide variety of healthcare backgrounds.

For further information about health coaching please go to:-

[www.tpchealth.com](http://www.tpchealth.com) www.betterconversation.co.uk