

Fully-funded accredited Personalised Conversations (Health Coaching) training opportunity



The South West England Personalised Care and Health Coaching Skills Collaborative are delighted to present this learning opportunity to further develop your personalised conversations skills, as part of a test and learn of the online booking system and platform hosted by our collaborative partners the Devon Training Hub. (please see booking instructions).

This learning and development is suitable for all practitioners within the Health and Social Care workforce and community teams including Clinical consultants, AHPs, Health and Wellbeing Coaches, Care Coordinators, Social Prescribers, Social workers etc

Aim

To introduce you to the principles/concepts of personalised care and health coaching skills to develop an understanding of the interpersonal skills and dynamics in a Coaching Conversation.

Learning outcomes

- Explain the principles/concepts of personalised care, social determinants of health and the concept of health coaching skills
- Explore understanding of the interpersonal skills and dynamics in a Coaching Conversation
- Discuss using tailored conversations to the person's capability, motivation, activation or opportunities using knowledge of the stages of change
- Apply considerations for meeting individual needs with an awareness of equity and equality
- Explore managing expectations and working with rapport and challenge in conversations
- Demonstrate skills development and reflective practice

Dates

The course is being held over four half days on:

- Thursday 10 March
- Thursday 17 March
- Thursday 24 March
- Thursday 31 March

What have participants said about this course?

85% of participants have rated this course as excellent, 15% as very good.

"I have thoroughly enjoyed this programme. I have learnt from the courses and the other members in the group. It has been lovely to meet like-minded people with a health and physical activity background/understanding."

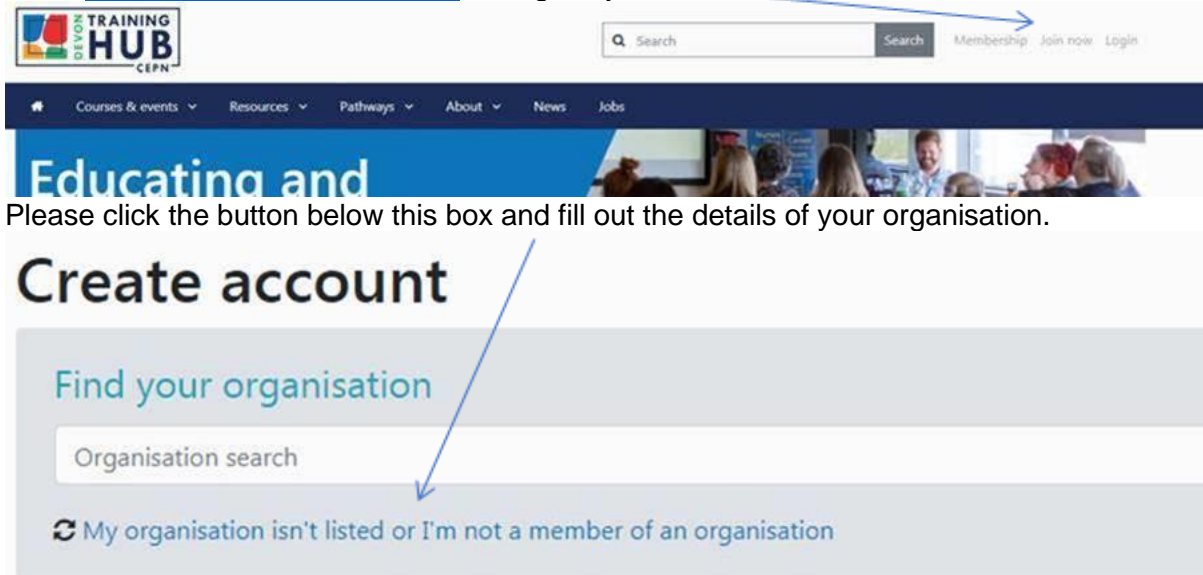
"Being online provided a good opportunity to work with people from different services and areas. It was good to not be with my usual working team. It was a good mix of people"

"It has been so interesting and informative. Well-paced and the facilitators are really engaging".

To book a place

To book this training you will need to create a Devon training Hub account first, please follow the instructions below

Go to www.devontraininghub.co.uk and go to join now



The screenshot shows the Devon Training Hub website. At the top, there is a navigation bar with a search box and links for 'Membership', 'Join now', and 'Login'. Below the navigation bar is a banner with the text 'Educating and' and a photo of people in a classroom. The main content area is titled 'Create account' and features a section 'Find your organisation' with an 'Organisation search' input field. Below the search field is a link that says 'My organisation isn't listed or I'm not a member of an organisation'. A blue arrow points from the 'Join now' link in the top navigation bar to the 'Find your organisation' section. Another blue arrow points from the 'Find your organisation' section to the 'Organisation search' input field.

Please click the button below this box and fill out the details of your organisation.

Create account

Find your organisation

Organisation search

[My organisation isn't listed or I'm not a member of an organisation](#)

Ensure you fill in this information in the order it is shown, we are aware the order can be important

1. Address including Email Address (press the circle of arrows next to 'my organisation isn't listed or I'm not a member of an organisation' to bring up the right box)
2. Title, First Name, Last Name
3. Job Role from the options by clicking the appropriate box, if your job role is different please fill out the other box with your job role
4. Primary Contact Number – This will only be used to if there is a change to a course you are booked onto so please make sure it is a number that we can contact you on.
5. Check the terms and conditions boxes in the bottom left hand
6. Choose free account by highlighting the box green
7. **Only then set a password (a fault for some people means if you set it first before 1,2,3,4 may delete the password from the box, but won't let you re-enter it)**
8. Press Submit
9. You should receive a verification email, and when you click the link, it may say on the web page '**sorry this token is invalid, check your link is correctly entered**' please ignore this you have verified
10. Go to the Hub via this link: [Personalised Conversations \(Health Coaching Skills 1\) – March 2022](#) and you can access the page and book your training

Any problems with creating an account to book please contact the **Devon Training Hub on 07780 901637** or c.lilley-woolnough@nhs.net **07783 816527**