

Health Coaching Core Skills – 2-day full day Course (TPC Health)

TPC Health Coaching - Course Content

The 2-day programme is designed to support practitioners from all health, care, community and voluntary sectors to learn how to use health coaching effectively in their current roles.

It will give you the opportunity to build on the many skills you already possess and learn how a health coaching approach can very usefully support your work.

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

Health Coaching

- Helps people gain and use the knowledge, skills and confidence to become active participants in their care so that they can reach their self-identified health and wellbeing goals
- Raises awareness and increases responsibility for health and wellbeing
- Is about supporting someone to change their relationship to how they manage their health and care

Health coaching is a combination of practitioner skills plus behaviour change assistance that “guides and prompts people to be an active participant 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, and service user accountability for decisions made.

A health coaching approach sees people as truly resourceful, as an equal in the practitioner-service user relationship, and as the holders of the solutions to the challenges that they face.

It sees a practitioner's role as including the provision of expert information when it is required, and as a mechanism to support the setting of meaningful health and social goals and the framing of conversations in which a person is supported to make decisions about their own life.

This is a highly interactive programme with an emphasis on skill practice and development. The programme will be delivered using a participative and experiential learning process supported by expert input. We will create many opportunities to practice skills and challenge you to identify how you can apply their learning to your own workplace settings.

Further, the programme will provide an opportunity to discuss applications of health coaching in your system, develop relationships and network with others.

Workshop Content

The programme will include:

- The psychological basis of coaching
- The coaching process and its application in health and care situations
- The use of behavioural coaching for brief interventions
- Setting effective goals that encourage self-care
- Trust and rapport and the implications for behaviour change
- Listening, Questioning and Challenging skills
- A wide variety of health coaching tools and techniques
- Shared decision making and personalisation
- Tailoring interventions to different levels of activation
- Information giving in a coaching style
- The principles of health behaviour change
- Motivation and readiness for change
- Self-care and how people learn about self- management
- Health coaching techniques, skills and mindsets

1. If you are interested in enrolling, we ask that all colleagues who are put forward for this 2-day course **WILL** attend **BOTH** dates, as places on this course are limited.
2. If it has been more than 12 months since you last completed a Health Coaching Course (via TPC) you will need to attend a HC course again. Please check your records to ensure you are up to date with your training.
3. To complete the Health Coaching Course and receive a certificate, all delegates will need to complete both sessions 1 & 2 in full.

2-day Health Coaching Core Skills June & July sessions

Day 1 Virtual Session 1 Wed 22nd June – 09.15 join, 09.30 start, 16.30 finish.

Day 2 Virtual Session 2 Mon 4th July – 09.15 join, 09.30 start, 16.30 finish.

2-day HC Core Skills October sessions

Day 1 Face to Face Session 1 Wed 5th October - 09.15 join, 09.30 start, 17.00 finish. (Session location – Preston, venue TBC)

Day 2 Face to Face Session 2 Wed 12th October - 09.15 join, 09.30 start, 17.00 finish. (Session location – Preston, venue TBC)

Notes

Whilst course places are offered to candidates free of charge, there is still a cost to Personalised Care for the provision of these courses, as we have limited funded places available for 2022/23.

Cancellations: Should you need to cancel your booking at any time up to the 14 days before the date of the first session that you have selected to attend, please do so if your manager has another member of staff who can take your place on the course, then he/she must contact the Personalised Care team via healthierlsc.personalisedcare@nhs.net to advise them of the changes.

Late Arrival: If a delegate arrives late for a session or is absent from any session, we/TPC reserve the right to refuse access to the training session if we/TPC feel they will gain insufficient knowledge or skills in the time remaining.

No Shows: Candidates who do not turn up to the session / arrive too late to start the session / provide less than the required 14 working day notice of cancellation may result in refused access to future courses that are offered.

Course Links/Info: If your session is virtual, a Zoom Link + course information will be forwarded in advance. A follow-up reminder is also sent to you to ensure you have all that is required to start the session. Please check your junk mail/ the links

provided are working the day before your session so that any issues can be dealt with prior to the session. (Do not leave this until the day of the session)

Course Numbers: We work hard to offer free training for colleagues wherever possible. To help us do this, we require minimum numbers on courses to be met. Where minimum numbers have not been met, we reserve the right to cancel/postpone courses.

Enrol:

If any colleagues wish to enrol, please can you reply with the details requested below, in order that we can confirm, register and send you a briefing pack via post. (Please note that this is a requirement via TPC Health who will be delivering the course on our behalf).

Further course information and a Zoom Link to each virtual session will then be sent to all confirmed delegates by TPC Health nearer to the course start date.

- **Which course date you wish to enrol on**
- **Your Name**
- **Your e-mail Address**
- **Your Role/Title**
- **Place of Work/Base (i.e., GP Surgery Name)**
- **Area of Lancs & S Cumbria you work in**
- **Full Address (inc postcode) to send Briefing Pack to – This can either be a work or a home address**

Please respond to healthierlsc.personalisedcare@nhs.net with the information requested above if you wish to be enrolled on the course.

Kind Regards,
Personalised Care Team