

FREE POPULAR COURSE (2 X HALF DAYS)



Coaching for Health



**NEW
COURSE DATES
AVAILABLE
APRIL TO JULY
2024**



**SUPPORT PATIENT AND
CLIENT SELF-CARE**
**INCREASE WELL-BEING
OF HEALTH PROFESSIONALS**
**REDUCE PRESSURE ON
NHS RESOURCES**

What is Coaching for Health?

A coaching approach enables health and social care professionals to empower patients and clients to take ownership of their health goals and, by working together, develop the commitment to achieving them. Studies have shown that this collaborative approach increases the likelihood of positive behavioural and lifestyle changes, producing more effective patient self-management, particularly in long-term conditions.

Who is it for?

The course is open to health professionals working in North Central London, including:

- GPs ● Pharmacists ● First Contact Practitioners ● Nurses ● Social Prescribing Link Workers ● Health and Wellbeing Coaches ● Care Coordinators ● Advanced Nurse Practitioners ● Dieticians ● Paramedics ● HCAs ● Physician Associates ● Podiatrists ● Occupational Therapists ● Physiotherapists ● Mental Health Practitioners ● Nursing Associates ● District Network Facilitators

This course has been run for over 2,000 health and social care professionals over the last ten years. When surveyed 2 months after the course 86% of participants are using the skills with patients and 97% stated that they would recommend the course to a colleague.

The course

The courses will be delivered online (using Zoom/Teams) and will be led by two health coaching trainers, both of whom are also clinicians.

The Coaching for Health course will cover:

- An introduction to a coaching approach for behavioural change
- Coaching skills for building openness, trust and willingness
- Frameworks for structuring brief health coaching interventions
- Setting effective goals with patients that encourage self-care
- Shared decision making and care planning techniques
- Working with barriers and resistance to change (cognitive, emotional, behavioural)
- When and how to use coaching in different settings and in limited consultation times
- Skills for challenging and dealing with difficult conversations

We have received great reviews from healthcare professionals in North Central London who have attended our courses:

"I really enjoyed the course. The trainers gave us a chance to discuss freely and they listened to us attentively while guiding us all the way. I felt that I was listened to and I could use their models any time during my work and daily living activities" *Care Navigator*

"Very well structured & professionally delivered. Directly relevant with skills that can immediately put to use." *Lifestyle Hub Advisor*

"Excellent course and fantastically delivered by experienced and knowledgeable tutors who have brilliant skills in delivery. This has been extremely useful and transformed encounters." *GP*

"It has helped me to take a step back and not provide all the solutions. To allow clients to think about what they can do for themselves to make a difference in their lives." *GP*

"This course really was eye opening for me. Brilliant delivery and great content. Thank you for putting it together in a considered way. I wish I learnt this years ago." *GP*

"I was really impressed by this course and I think all clinicians should be trained in this" *Clinical Fellow*

"I can't fault the presentation and the teaching of this course. It was engaging, informative and thought provoking." *Safeguarding Co-ordinator*

Dates available:

FREE SHORT COURSES - 2 X HALF DAYS

COURSE 1: WEDNESDAYS, 24 APR & 8 MAY 2024 (09:30 - 13:00)

COURSE 2: THURSDAYS, 2 MAY & 6 JUN 2024 (09:30 - 13:00)

COURSE 3: FRIDAYS, 14 & 28 JUN 2024 (09:30 - 13:00)

COURSE 4: TUESDAYS, 25 JUN & 9 JUL 2024 (13:30 - 17:00)

COURSE 5: MONDAYS, 1 & 15 JUL 2024 (13:30 - 17:00)

BOOK NOW!
Places are limited and likely to fill up quickly. [Click here](#) to apply for a place ASAP