

## 2-DAY HEALTH COACHING CORE SKILLS PROGRAMME



Health coaching is a supported self-management intervention and is part of the NHS Long Term Plan's commitment to make personalised care business as usual across the health and care system.

Health Coaching Development of health coaching skills focuses on training health and social care staff, voluntary sector representatives, and carers to use health coaching skills as part of consultations or conversations.

This involves supporting practitioners to develop their own health coaching skills, conversation frameworks and mind-set, so they can use a health coaching approach in their daily role to support personalised care and encourage self-management and shared decision making.

### Benefits of Health Coaching:

- Helps patients/clients gain 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.
- Supports patient/client to change their relationship with how they manage their health and care.

### Content of a 2-Day HC Course

Further details including content can be found at <https://tpchealth.com/health-coaching/health-coaching-training-programmes/core-skills-in-health-coaching/>

### FEB & MARCH 2024- 2-Day (Days 1&2) HC Core Skills Face to Face Training Dates

**12<sup>th</sup> & 19<sup>th</sup> February – Blackburn - Venue TBC**

**27<sup>th</sup> Feb & 5<sup>th</sup> March – Kendal - Kendal Town Hall**

**06<sup>th</sup> & 13<sup>th</sup> March – Lancaster - Venue TBC**

**13<sup>th</sup> & 20<sup>th</sup> March – Preston – Venue TBC**

**19<sup>th</sup> & 26<sup>th</sup> March – Blackpool – Venue TBC**

**26<sup>th</sup> March & 4<sup>th</sup> April - Morecambe – Venue TBC**

**Times of each session: 09.00- 9.15 arrive, 09.30 start – 16.30 - 17.00 finish.**

**Co-Hort dates cannot be mixed. You must attend both dates of the Co-Hort chosen at point of registration.**

**The 2-Day Health Coaching workshops will be delivered by Health Coaching Trainers who have been accredited by TPC Health to deliver the TPC Health Coaching Core Skills Programme.**

To apply for a place please fill out the attached Health Coaching Application form **in full** and send to: [workforcetraining@activelancashire.org.uk](mailto:workforcetraining@activelancashire.org.uk)

**All applications are registered on a first come, first serve basis.**

**This 2-Day Health Coaching Course is being delivered by Lancashire & South Cumbria ICB & Active Lancashire for the benefit of Lancashire & South Cumbria population, to assist people to become more active in their own health and care.**

This programme was developed and is owned by TPC Health who have led the development of health coaching, person centred coaching and the clinical application of coaching within Health and Care system since 2008.