

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 starts with a belief that people have a key part to play in generating good outcomes for themselves. Coaching does not determine what those should be, it is orientated around what matters most to that person at that time.

Working on the core belief that people have a natural capacity to develop and grow, it focuses on empowering clients/patients to construct solutions and engage in goal attainment.

Health Coaching motivates behaviour change through a structured and supportive partnership between the client/patient and health professional.

Informing and empowering clients/patients increases their knowledge, confidence and skills in managing their own healthcare needs, thereby, enabling them to make healthier lifestyle choices, adhere to treatment regimens, and experience fewer setbacks and complications.

This can prove beneficial when people are dealing with clients/patients who have Long Term Conditions/Multiple Long Term Conditions that they have to deal with. (e.g. cancer, cardiovascular disease, diabetes, liver disease, respiratory disease, musculoskeletal disease, mental health conditions etc.)

An essential part of a client's/patients health is their level of health knowledge, as this can empower them to take responsibility for their own health-related issues.

May – December 2024 2-Day (Days 1&2) HC Core Skills Health Coaching

Face to Face Training Dates

14th May & 21st May – East Lancs Cricket Club, Blackburn

23rd May & 30th May – The Morecambe Hotel, Morecambe

20th June & 27th June – Castle Street Community Centre, Kendal

21st June & 27th June – Corpus Christi High School, Preston

2nd July & 9th July – Lancaster. Venue TBC

24th July & 31st July – Morecambe. Venue TBC

16th August & 23rd August – Carer's Link, Accrington

19th September & 26th September – Corpus Christi High School, Preston

19th September & 26th September – The Grange, Blackpool

9th October & 16th October - The Toll House, Lancaster

5th November & 12th November – Corpus Christi High School, Preston

21st November & 28th November – Morecambe, Venue TBC

9th December & 16th December – Bangor Street Community Centre, Blackburn

Course Information:

- This course is offered to health & well-being teams/organisations/voluntary sector colleagues across Lancs & S Cumbria who interact with a client/patient on a 1:1 basis.
- This training develops the knowledge, skills and confidence needed to integrate health coaching into various roles. It develops a broad understanding of the principles of health coaching and behaviour change that can be applied immediately.
- Day 1& Day 2: 09.00- 9.15 arrive, 09.30 start – 16.30 - 17.00 finish.
- A sandwich lunch & refreshments will be provided at both sessions wherever possible
- Sets of dates cannot be mixed. A participant must attend both dates of their chosen course at point of application/registration.
- Participants must have permission to attend this course from their Manager/Line Manager/Training Dep, prior to submitting their application.
- If a participant cancels /does not attend Day 1, they cannot then attend Day 2.
- If any participant repeatedly cancels/does not attend course dates they have been registered for, we reserve the right to review whether they can attend any future Health Coaching courses.
- Once all participants have been registered on a specific set of course dates, they will be sent course information i.e. Course Briefing Pack/Venue details etc.
- A 2-Day Health Coaching Certificate will be sent to the participant via e-mail upon completion of a brief survey that is sent out to each attendee after the course.

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.

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 Health Coaching programme was developed/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.

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

To apply for a 2-Day course, please fill out the attached Health Coaching Application form in full and send to: workforcetraining@activelancashire.org.uk