

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 and service-users to construct solutions and engage in goal attainment.

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

Informing and empowering your clients, patients or service users increases their knowledge, skills and confidence 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 health professionals are dealing with clients, patients and service users who have a Long Term or 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 person's health is their level of health knowledge, as this can empower them to take responsibility for their own health-related issues.

COURSE DATES - January – March 2025

2-Day (Days 1&2) Health Coaching Core Skills Course

Face to Face – venues tbc

Capacity – 20 participants per 2-day course

23rd January & 30th January – Blackburn

28th January & 04th February – Morecambe

11th February & 18th February – Barrow

11th February & 25th February – Blackpool

25th February & 04th March – Lancaster

20th March & 27th March – Preston

COURSE INFORMATION:

- This course is offered to all health & well-being teams/organisations/voluntary sector colleagues across Lancs & S Cumbria who interact with a client, patient or service user on a 1:1 basis in order to support behaviour change.
- 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.
- Sets of dates cannot be mixed. A participant must attend both dates of their chosen course at point of application/registration.
- A sandwich lunch & refreshments will be provided at both course dates wherever possible
- 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 attend Day 2.
- If any participant repeatedly cancels from courses/does not attend course dates they have been registered for, we reserve the right to review whether they may attend any future Health Coaching courses.
- Once all participants have been registered on a specific set of course dates, they will be sent the relevant course information i.e. Course Briefing Pack/Venue details etc.
- If we cannot meet course no's / if we receive too many cancellations prior to a course start we reserve the right to cancel if we feel that the course is not viable anymore
- A 2-Day Health Coaching Certificate will be sent to the participant (PDF format) via e-mail upon completion of a brief survey that is sent out to each attendee after the course has been completed.

This Health Coaching 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.

APPLICATIONS:

All applications are actioned and registered on a first come, first serve basis. Once you have been registered on to your chosen dates you will receive a confirmation e-mail.

Once most/all of the participants have been registered on a specific course, an additional e-mail will be sent to all participants containing course info's/venue info etc.

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

The 2-Day Health Coaching workshops are delivered by Health Coaching Trainers who have been trained by TPC Health to deliver the TPC Health Coaching Core Skills. Programme content.

The 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.