# **South West Personalised Care and Health Coaching Collaborative - Courses now available for booking!**

The South West Personalised Care and Health Coaching Skills Collaborative are delighted to present the following learning opportunities:

# **Introduction to Personalised Conversations (Part 1**)

# **4 half days (9.30am-1.30pm) - virtual online cohorts** *This training is suitable for everyone working in health and care systems. Suitable for practitioners within the Health & Social Care Workforce & Community Teams (Clinicians, AHP’s, Health and Wellbeing Coaches, Care Co-ordinators, Social Prescribers & Social Workers.*

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# **The aim of this course**is to introduce you to the principles/concepts of personalised care and health coaching skills to develop an understanding of the interpersonal skills and dynamics in a Coaching Conversation.

As a result of this learning you will be able to:

* *Explain the principles/concepts of personalised care, social determinants of health and the concept of health coaching skills*
* *Explore understanding of the interpersonal skills and dynamics in a Coaching Conversation*
* *Discuss using tailored conversations to the person’s capability, motivation, activation, or opportunities using knowledge of the stages of change*
* *Apply considerations for meeting individual needs with an awareness of equity and equality*
* *Explore managing expectations and working with rapport and challenge within conversations*
* *Demonstrate skills development and reflective practice*

The course is carried out over 4 days, all of which need to be attended in order to successfully complete the training. Each session will run from 9:30am – 13:30pm and be delivered on-line.

**Please follow the course booking link for dates or to request a place:** [**P1 Booking link**](https://forms.office.com/e/n6VMdw2tHh)

***Please note: our training is allocated at a first come, first serve basis so do register your interest early to avoid disappointment.***