# **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:

# **Personalised Care & Health Coaching Conversations Skills (Part 2)**

# **4 half days (9.30-1.30) - virtual online cohorts** *Part 1 and part 2 together create a programme for Health and Wellbeing Coaches, Health and Care professionals with a special interest e.g. GP’s, Allied Health Professionals, Social Workers or Trainer Health and Care professionals.*

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# **The aim of this course** is to develop skills and techniques in personalised care and health coaching skills and to deepen understanding of the interpersonal skills and dynamics in coaching**. Please note that you need to have completed Part 1 before the start of Part 2 to book a place.**

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

* Practice using the TGROW Model of Personalised Health Coaching
* Discuss how to tailor a conversation to a person’s stage of change and their knowledge, skills & confidence/motivation to act
* Explain enhanced coaching skills with understanding the psychology of coaching
* Apply enhanced coaching skills to work with resistance and challenges
* Evidence skills practice and reflection

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:** [**P2 Booking link**](https://forms.office.com/e/1GKgDytyKS)

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