

Health Coaching Skills Development Programme

This workshop will give you the opportunity to build on the many skills you already possess and specifically to learn how a coaching can very usefully support your work. The course has been developed to introduce practitioners to a coaching approach, with an emphasis on how and when to use coaching with individuals. It provides participants, with no previous coaching experience, an opportunity to learn the basics of health coaching and activation skills, and understand how coaching can support conversations that facilitate self-care and improve health and wellbeing.

Aims of this programme

- To build upon your existing skills
- To clarify what coaching is
- To explore how coaching can add to your effectiveness as a practitioner

Content will include:

- The foundations of coaching and how coaching can be used with individuals
- The use of behavioural health coaching for brief interventions
- Setting effective goals with individuals that encourage self-care
- Encouraging self-responsibility and activation (=knowledge, skills & confidence to manage health & wellbeing)
- The principles of health behaviour change
- The application of principles from health psychology and behavioural medicine in a coaching framework
- The use of motivational interviewing and solution focused coaching to support behaviour change

Venue: Creech Medical Centre, Creech St Michael , Taunton, Somerset. TA3 5FA

Please bring your own lunch

- **Session 1**
Day 1: Thursday 19th September 09:30 - 16:30
Day 2: Wednesday 2nd October 09:30 -16:30
- **Session 2**
Day 1: Tuesday 24th September 09:30 - 16:30
Day 2: Thursday 31st October 09:30 – 16:30
- **Session 3**
Day 1: Tuesday 5th November 09:30 – 16:30
Day 2: Monday 18th November 09:30 – 16:30

Training Sessions: Attendance is required for both training days to complete the course.

For details about workshop times and dates, or other issues with programme materials or logistics please contact:

Deborah Lane: Tel: 07824 378046 or E-mail: Deborah.Lane@Ydh.nhs.uk