



The Foundations of Health Coaching

An intensive half day programme for Healthcare Professionals in West Yorkshire HCP who may need to use Health Coaching skills as part of their role.

The Foundations of Health Coaching

An intensive half day training programme for all Healthcare Professionals in the West Yorkshire HCP who may need to use Health Coaching Skills as part of their role.

Commissioned and funded by West Yorkshire HCP, and delivered by DNA Insight, the leading Healthcare Training Consultancy, **The Foundations of Health Coaching** is an intensive half day online training programme. The course is designed to provide HCP based healthcare professionals with the knowledge, skills and confidence to incorporate Health Coaching techniques in their role.

A wide selection of Programme dates and times throughout 2023 offers healthcare professionals a choice of when to take the training, which is delivered via the Zoom Video Conferencing platform.

About The Foundations of Health Coaching

The content of Foundations of Health Coaching is accredited by the Personalised Care Institute as providing the highest standards in Personalised Care training. It incorporates the PCI curriculum for health coaching but in addition, seeks to provide a wider context for those who will not be using Health Coaching in a full time role.

Topics covered include:

- Understanding behaviour change and the concept of patient activation
- Telephone based consultations – building trust and rapport with patients
- Personalised Care as it relates to community health and wellbeing
- Motivational Interviewing techniques applicable to health coaching
- Co-producing a Personalised Care and Support Plan

- Accessing and creating a simple Directory of Services
- Reflective Practice

Who should attend The Foundations of Health Coaching?

Health Coaching is all about working with patients to understand what matters to them and to help them take greater control over their health and wellbeing. A Health Coaching conversation is led by the patient and involves a structured questioning style to encourage patients to come up with their own solutions and goals – empowering them to improve their own health and wellbeing. Health Coaching works well for patients with LTCs or for those who are keen to improve their long term health and wellbeing but need some support to do so.

If you have ever wished you had more knowledge, skills or confidence to initiate such powerful conversations with your patients, then this programme is for you.

The Foundations of Health Coaching - Syllabus

- **Introduction to Personalised Care and its relevance within community engagement.**
- **The Social Determinants of Health – a wider understanding of the nature of health and wellbeing.**
- **Understanding the nature of behaviour change – the Behaviour Change Cycle and the COM-B model of change.**
- **Concept of Patient Activation, how to assess it and how to determine most appropriate approach based on identified activation level.**
- **Strengths Based Approaches – the client’s central role as the expert in their own health and wellbeing.**
- **Building productive and supportive relationships with clients – Knowing, Liking, Rapport and Trust.**
- **Active/Empathetic Listening techniques and the Counselling environment.**
- **Health Coaching and Motivational Interviewing techniques and approaches and practice. Judging which to use for different clients.**
- **Aide Memoire for question types.**
- **Knowing one’s own capabilities, boundaries, and limits of expertise. When to refer back to medical support.**

How to Book a Place on The Foundations of Health Coaching Programme

1. Please review the Course dates and times below and identify the Programme number you wish to attend.
2. Visit the [Course Booking](#) page, click on the ‘Reserve a Spot’ button and then select the corresponding Ticket to the Programme number you have selected.
3. You will need to provide your name, role, location, email address and contact number, as well as the Programme number you wish to attend.
4. The workshop is funded by West Yorkshire HCP so is free of charge, and you will receive instant confirmation of your booking as well as an email from Eventbrite containing the Zoom link.

5. A few days before the date of the course you will receive another email containing attendee information and a reminder of the date, time and link to join the workshop.

Foundations of Health Coaching for Health, Social Care, VCSE staff and Volunteers

Programme Dates

Serial	Programme Number	Dates	Times
1	Programme HC1	Thursday 20 th April 2023	1.30 – 4.30pm
2	Programme HC2	Wednesday 3 rd May 2023	9.30 – 12.30pm
3	Programme HC3	Tuesday 16 th May 2023	1.30 – 4.30pm
4	Programme HC4	Friday 9 th June 2023	9am – 12 midday
5	Programme HC5	Wednesday 28 th June 2023	1pm– 4pm
6	Programme HC6	Wednesday 19 th July 2023	9.30 – 12.30pm
7	Programme HC7	Tuesday 8 th August 2023	1.30 – 4.30pm
8	Programme HC8	Tuesday 5 th September 2023	1.30 – 4.30pm
9	Programme HC9	Monday 25 th September 2023	9.30 – 12.30pm
10	Programme HC10	Thursday 19 th October 2023	1.30 – 4.30pm