

What do participants have to say about the Coaching for Health and Wellbeing programme?

"I have been on many coaching courses in my career but this was by far the most valuable. It didn't shy away from the pressures of day to day work, it focused on the long term benefits of having coaching conversations ." Families and Communities Officer

Participant Feedback

98% of those trained say they would be likely/extremely likely to recommend training to other health professionals

100% felt the training would be particularly helpful when working with people living with long term health conditions

100% agree most health and care professionals would benefit from learning about using coaching with the people they work with

98% felt health coaching was applicable to their work

For bookings and enquiries please contact:
health.coaching@wsh.nhs.uk

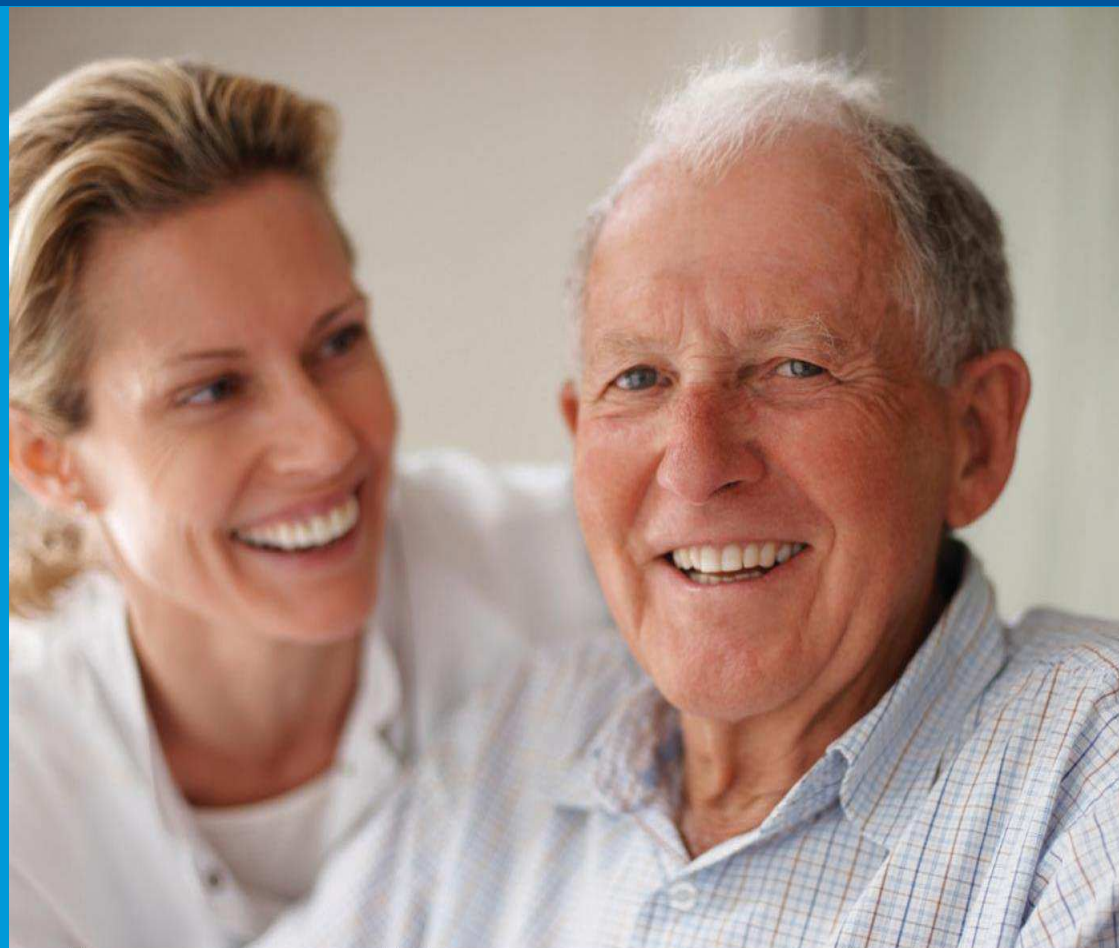
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Delivered by clinicians from West Suffolk NHS Foundation Trust in collaboration with:

Dr. Penny Newman, Clinical Lead for Health Coaching
Dr. Andrew McDowell, Psychologist and Director of The Performance Coach

Coaching for Health and Wellbeing

Better conversations, better care



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www.betterconversation.co.uk

Living with a long term condition can be challenging and distressing - with people often seeking support from health/care professionals. Adding a health coaching approach to the tool box of communication skills you use in your conversations can help promote self-sufficiency, satisfaction and motivation, enabling people to manage their health and wellbeing with greater independence and self-confidence.

Health facts

- People with long term conditions account for 50% of all GP appointments, 70% of all inpatient bed days and 70% of overall NHS spend
- Three quarters of all deaths will be as a result of chronic disease by 2020.
- 60% of premature deaths caused by detrimental health behaviours

What is coaching for health and wellbeing?

Health and wellbeing coaching is talking to people in a way that supports and empowers them to better manage their own care, fulfil self-identified health goals and improve their quality of life.

What are the benefits of coaching for health and wellbeing?

- Improves communication fundamental to care.
- Supports people living with long term conditions to prioritise their health and wellbeing.
- Enables practitioners to shine the spotlight on personal awareness and responsibility in a supportive manner, and transform the client/practitioner relationship
- Can increase self-sufficiency, satisfaction, confidence, motivation, compliance, and reduce costs for organisations.
- Participants report that this training is having a positive impact on their resilience

What skills will I learn?

You will learn a combination of tools and techniques you can use every day to support people with behaviour change. These include further developing your listening skills, exploring the use of rapport and challenge, as well as how to align meaningful goals to motivate and encourage the people you are working with

Who will benefit from this training?

These skills are widely applicable across a range of conditions but particularly in the following areas: those living with long term conditions, mild anxiety and depression, medication compliance, pain management, lifestyle changes, recovery and rehabilitation.

How does this fit with other priorities for me and my organisation?

The training will help you work towards addressing the following:

- Improving experience and quality of care
- Increasing Friends and Family test scores
- Reducing complaints especially around communication
- Reducing organisational costs and saving time
- Builds relationships with colleagues, and collaborative working
- Supports the delivery of integrated care and care planning
- Enhances local service plans for supporting people living with long term conditions

Course Dates 2019/2020:

The Health Coaching training is delivered over two days, one week apart. Training days run from 9.15am – 5pm

18 th and 26 th Sept 2019	- Hartismere Hospital, Eye
22 nd and 29 th Oct 2019	- Education Centre, West Suffolk Hospital
14 th and 21 st Nov 2019	- West Suffolk House, Bury St Edmunds
5 th and 12 th Dec 2019	- Education Centre, West Suffolk Hospital
9 th and 16 th Jan 2020	- Stow Lodge Centre room, Stowmarket
11 th and 18 th Feb 2020	- Education Centre, West Suffolk Hospital
20 th and 26 th Feb 2020	- West Suffolk House, Bury St Edmunds
3 rd and 10 th March 2020	- Education Centre, West Suffolk Hospital
12 th and 19 th March 2020	- Stow Lodge Centre, Stowmarket
9 th and 16 th April 2020	- West Suffolk House, Bury St Edmunds
21 st and 28 th April 2020	- Education Centre, West Suffolk Hospital