



Personalised Care & Health Coaching Skills Trainer/Facilitator Programme



I am Gillian, one of the three super trainers responsible for the delivery of the Personalised Conversations & Health Coaching training, alongside, my colleagues Cathy and Becky. I have been a Registered Dietitian for over 30 years, and currently work in an operational role in a Foundation Trust. I was invited to be part of the South-West Collaborative to co-lead on developing the programme and plans - to share my knowledge of behaviour change, delivering group diabetes education, and leading integrated Neighbourhood Teams such as the Neighbourhood Health Coaching Service.

“I believe that the person is always the expert in what is important to them. For me, engaging in personalised conversations as a Dietitian completely changed the dynamics with patients and resulted in better outcomes for the person and led to much greater job satisfaction. I am thrilled to be part of the collaborative team working across the South-West on Integrated Personalised Care and invite you to join us. Our mission is to shift from routinely asking “what’s the matter with you?” to “what matters to you?”.

Can I ask, are you as passionate about Personalised Care and developing others as me?

If you are experienced in using personalised conversation skills and have the aptitude for, or experience of, training others, or know someone who is, you are in the right place.

Expressions of interest are sought from people to take part in a new trainer development programme, where you will learn to deliver [Personalised Care Institute](#) accredited **virtual** health coaching conversation skills courses - a 2-day course suitable for everyone working in health and care and a 4-day course for professionals with a special interest in health coaching.

New trainers will become part of the South-West collaborative community. This programme is free to South-West participants from Integrated Care Organisation partners until March 2023. If you are interested in becoming a trainer, you will need to have capacity to deliver at least 2 sessions per year within your existing role and commit to the programme, over 3--4 months (8 half days, 2 whole days). Please discuss this commitment with your manager and complete the online Expression of Interest [here](#). Expressions of interest are **now extended until Monday 30th May 2022** for starting the programme on **12th September 2022**, and a 1-hour session **w/c 4th July 2022** to meet colleagues in your cohort.

If you have a query, or are interested in building your organisations capability, please contact SW Collaborative Team and we can refer you to the appropriate contacts in your system at swhc.collaborative@nhs.net