Personalised Conversations (Health Coaching Skills 1) Learning and Development Opportunity

**Dates:** 4 half days

**Time:** 9.30am to 13.30pm

**Cohort 1 Monday** 26/09/22, 03/10/22, 10/10/22, 17/10/22 **Trainers -** Will Shipp and Claire Hunter

**Cohort 2 Wednesday** 09/11/22, 16,11/22, 23/11/22, 30/11/22 **Trainers** - Lynne Carey and Helen Saunders

**Cohort 3 Monday** 09/01/23, 16/11/23, 23/01/23, 30/11/23  **Trainers -** Will Shipp and Claire Hunter

**Cohort 4 Thursday** 15/09/22, 22/09/22, 29/09/22, 06/10/22 **Trainers** - Ann Diment, Gillian Cook, & Cathy Strange

**Place:** Virtual Online **Cost:** Free

**Materials:**a workbook will be provided to everyone enrolled on the course

**Arrangements:** meeting links will be issued to everyone in the week prior to the first session.

**Instructions to book this training:**please follow this link and we will confirm your place, first come first served:

<https://docs.google.com/forms/d/e/1FAIpQLSeOsoGjb9Zq3heSPWrFhF0MAlk-vAt3kyBTjw9w7VgBz2NLeQ/viewform?usp=sf_link>

The South-West England Personalised Care and Health Coaching Skills Collaborative are delighted to present this learning opportunity to further develop your personalised conversations skills, hosted by our collaborative partners in Bath, North East Somerset, Swindon and Wiltshire, Somerset, and Bristol, North Somerset, and South Gloucestershire via the BNSSG Training Hub.

**This learning and development is suitable for** all practitioners within the Health and Social Care workforce and community teams including Clinical Consultants, AHP’s, Health and Wellbeing Coaches, Care Coordinators, Social Prescribers, Social workers etc.

**The aim of this course**is to introduce you to the principles/concepts of personalised care and health coaching skills to develop an understanding of the interpersonal skills and dynamics in a Coaching Conversation. As a result of this learning, you will be able to:

* Explain the principles/concepts of personalised care, social determinants of health and the concept of health coaching skills
* Explore understanding of the interpersonal skills and dynamics in a Coaching Conversation
* Discuss using tailored conversations to the person’s capability, motivation, activation, or opportunities using knowledge of the stages of change
* Apply considerations for meeting individual needs with an awareness of equity and equality
* Explore managing expectations and working with rapport and challenge within conversations
* Demonstrate skills development and reflective practice

85% of participants have rated this course as excellent, 15% as very good, and here is what people have said about the course:

  “I have thoroughly enjoyed this programme. I have learnt from the courses and the other members in the group. It has been lovely to meet like-minded people with a health and physical activity background/understanding.”

“Being online provided a good opportunity to work with people from different services and areas. It was good to not be with my usual working team. It was a good mix of people”

“It has been so interesting and informative. Well-paced and the facilitators are really engaging”.

**For further information contact: Gillian Cook, 07867 135004 or gillian.cook@somersetft.nhs.uk**