# **South West Personalised Care and Health Coaching Collaborative – Courses available for Somerset**

The South West Personalised Care and Health Coaching Skills Collaborative are delighted to present the following part 1 and part 2 learning opportunities:

# **Introduction to Personalised Conversations (Part 1**)

# **4 half days (9.30am-1.30pm) - virtual online cohorts** *This training is suitable for everyone working in health and care systems. Suitable for practitioners within the Health & Social Care Workforce & Community Teams (Clinicians, AHP’s, Health and Wellbeing Coaches, Care Co-ordinators, Social Prescribers & Social Workers.*

A blue and white logo

Description automatically generated

# **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*

The course is carried out over 4 days, all of which need to be attended in order to successfully complete the training. Each session will run from 9:30am – 13:30pm and be delivered on-line.

# **Personalised Care & Health Coaching Conversations Skills (Part 2)**

# **4 half days (9.30-1.30) - virtual online cohorts** *Part 1 and part 2 together create a programme for Health and Wellbeing Coaches, Health and Care professionals with a special interest e.g. GP’s, Allied Health Professionals, Social Workers or Trainer Health and Care professionals.*

A blue and white logo

Description automatically generated

# **The aim of this course** is to develop skills and techniques in personalised care and health coaching skills and to deepen understanding of the interpersonal skills and dynamics in coaching**. Please note that you need to have completed Part 1 before the start of Part 2 to book a place.**

As a result of this learning, you will be able to:

* Practice using the TGROW Model of Personalised Health Coaching
* Discuss how to tailor a conversation to a person’s stage of change and their knowledge, skills & confidence/motivation to act
* Explain enhanced coaching skills with understanding the psychology of coaching
* Apply enhanced coaching skills to work with resistance and challenges
* Evidence skills practice and reflection

The course is carried out over 4 days, all of which need to be attended in order to successfully complete the training. Each session will run from 9:30am – 13:30pm and be delivered on-line.

**Please follow the course booking link for dates or to request a place:**

[**Somerset course booking link**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fe%2FBwG9QwM4z8&data=05%7C02%7Ccathy.strange1%40nhs.net%7Cb82a92fb15d641c46a3f08dc44369bf9%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638460248527604756%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=U4SXVIDq3t%2FU34nOJ5wiDA0WJVxFjqInVl6BXq2zpTo%3D&reserved=0)

***Please note: our training is allocated at a first come, first serve basis so do register your interest early to avoid disappointment.***