

Health and Wellbeing Coaching for Sheffield 1 Day Foundation Course

Sheffield ACP have been working with PEAK HEALTH COACHING to deliver the [WMTY: Introduction to Person-Centred Approaches course](#). They have joined Sheffield CCG who have also been working with PEAK HEALTH COACHING to develop this virtual (Zoom) Foundation Course, and later [Intermediate Course](#), in developing skills in Health and Wellbeing Coaching. These courses are part of a drive to create 'a flourishing and thriving Sheffield by developing our people in a joined up way to deliver holistic, person-centred and integrated care' ([ACP Workforce Strategy, 2019](#))

Health and Wellbeing Coaching enables people to gain the knowledge, skills, tools and confidence to become active participants in their care so that they can reach their own goals.

Learning Outcomes of this Foundation Course:

- Understand the principles of a coaching mindset and approach and how this might enhance everyday practice for the benefit of patients/clients and practitioner well-being.
- Be more confident, through practice, to use a coaching model as framework for a coaching conversation.
- Understand how to create the right environment for people to think well for themselves.
- Understand some of the common blocks to patients achieving their best outcomes.
- Consider how to tailor their coaching to people at different levels of activation.
- Appreciate how health and wellbeing coaching can be used in their current context and feel confident to apply it.
- Consider the value of coaching approaches in integrated health and social care services, Primary Care Networks.
- Raise awareness of future learning needs/opportunities.

This Programme will be suitable for:

- Colleagues who work in Health and Social Care, Primary and Secondary Care, Voluntary and Community Organisations. This includes social care and allied professionals, GPs, hospital specialists, community and practice nurses, HCAs, physiotherapists occupational therapists, Link Workers, Social Prescribers, as well as community care colleagues.
- The skills learnt will go well beyond individuals' work roles with many participants reporting new insights for themselves personally, socially as well as professionally.

Participants will be expected to:

- Complete a pre course questionnaire to establish current levels of awareness about coaching approaches and what they would most value from the day.
- Undertake suggested pre reading including current documents concerning coaching in the personalised care agenda.
- **Gain the commitment of their Line Manager/Supervisor to attend**

This course will not be suitable for colleagues who have previously attended the 2 Day Coaching for Activation Programme as topics outlined for this day will already have been covered. For these colleagues, an Intermediate Health and Wellbeing Coaching Programme is available

Costings:

Organisations outside of Sheffield:

We welcome colleagues from outside of Sheffield to contribute to and learn from this programme, which has been paid for by Sheffield CCG. Contribution charges are as follows:

None Statutory/Voluntary Organisations: £25 per person

Statutory/Health/Social Care organisations: £50 per person

None Attendance:

We appreciate that everyone is working in busy, complex environments and things can change at the last minute. There is a high demand for this programme and as such if you sign up for the programme and fail to attend without prior arrangement then we will invoice your organisation: £25 per person for None Statutory Organisations; £50 per person for statutory organisations.

This applies to organisations in or out of Sheffield

Dates and Times are listed below – you only need to sign up for one session.

A maximum of 24 places are available per session and you need to ensure that you have the commitment of your Line Manager/Supervisor to attend.

If you have any questions prior to signing up please contact Kelly Greenwood at kelly.greenwood@nhs.net.

Dates:

Wednesday 31st March, 9.30am – 4pm

Thursday 6th May, 9.30am -4pm

Wednesday 23rd June, 9.30am-4pm

To book a place please complete the [booking form](#) and e-mail to kelly.greenwood@nhs.net.