

Health and Wellbeing Coaching for Sheffield Intermediate 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) Intermediate Course, preceding the [Foundation Course](#), for those seeking to increase their competence and confidence in health 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.

During the whole programme, participants will learn to ask the right questions, set motivational goals, understand the obstacles and barriers to success and discover the importance of eliciting their patient's ideas to achieve the outcomes they want.

Learning outcomes of the Intermediate Course:

- Appreciate your learning from the foundation course and identify learning for this day and beyond.
- Be familiar with a number of coaching models as a framework for coaching conversations and start to develop your own approach.
- Go beyond 'models' to consider coaching concepts to integrate into practice.
- Understand in more detail how the concept of activation, informs our coaching approach.
- Appreciate how to bring challenge with ease and coach with more confidence.
- Reflect on where else you can use your coaching skills and make a plan to do it.

This Programme will be suitable for:

- Colleagues who have already attended the Foundation level Health and Wellbeing Coaching Skills course.
- 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, physiotherapist, 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 personalised care agenda.
- **Gain the commitment of their Line Manager/Supervisor to attend**

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

In order to get the most from this session, colleagues must have attended the Foundation Course session or the one-day Coaching for Activation programme.

*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.*

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

A maximum of 12 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:

Thursday 29 April 2021, 9.30am – 4pm

Thursday 20 May 2021, 9.30am – 4pm

Wednesday 14 July 2021, 9.30am – 4pm

Thursday 7 October 2021, 9.30am – 4pm

Thursday 2 December 2021, 9.30am – 4pm

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