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**Introduction to **

**Health and Wellbeing Coaching Skills**

**Training places available now**

We are offering a **1-day Introduction to** **Health and Wellbeing Coaching Skills** training course. This course will equip you with the confidence and skills to transform your conversations with patients and to support you in providing personalised care.

Delivered by expert coach-trainers, the course contains a mixture of learning, reflection, and practical application to start your health coaching journey. You will cover:

* Building trust and rapport
* Boosting confidence
* Supporting behaviour change
* How to have compassionate, person-centred conversations
* Practicing health coaching skills

The course is funded by the South Yorkshire Integrated Care System (SYICS) as part of the regional and national approaches supporting person centred care.

This training is available to 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 and is ideal for anyone supporting people to have better health and wellbeing outcomes.

**Dates and Times**

You can join this training on **28th March**, **26th April**, **9th June or 21st June** with more dates available later in the year. Joining at 9.15am for a 9.30am start, finishing at 3.30pm.

As spaces are limited, we advise you to **sign up as soon as possible** by completing the booking form below and returning to [kelly.greenwood@nhs.net](mailto:kelly.greenwood@nhs.net).

**Follow on Training**

As a follow-up to the Introductory course, we will be offering a second day of training at **Intermediate** level on **17th May or 14th July**. You will be able to sign up for this after you have been on the Introductory course.

For any queries, please contact Kelly Greenwood [kelly.greenwood@nhs.net](mailto:kelly.greenwood@nhs.net).

If you would like to know more about the course, visit: [www.health-coachingacademy.com](http://www.health-coachingacademy.com/)

This Health Coaching Skills course is accredited by the Personalised Care Institute (PCI) and counts

towards your CPD hours with certificates upon completion.

**Attendee Booking Form**

Thank you for your interest in taking part in the **Health and Wellbeing Coaching Course**.

To help with monitoring equality we ask you to complete the following booking form.

**The date I would like to attend is:** Click here to enter text.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| First Name | Click here to enter text. | | | | | | | | | | | |
| Surname | Click here to enter text. | | | | | | | | | | | |
| Email | Click here to enter text. | | | | | | | | | | | |
| Contact Number | Click here to enter text. | | | | | | | | | | | |
| Job Title + Role Description | Click here to enter text. | | | | | | | | | | | |
| Organisation | Click here to enter text. | | | | | | |  | | | | |
| Further details (e.g. address of workplace, other, team or area) | Click here to enter text. | | | | | | | | | | | |
| Line Manager Details | Name Click here to enter text.  Email Click here to enter text. | | | | | | | | | | | |
| Full or Part Time | Full Time | | | | | | Part Time | | | | | |
| Type of Contract | Permanent | | | | | | Temporary | | | | | |
| Age | 20 and under  21 to 25  26 to 30  31 to 35 | 36 to 40  41 to 45  46 to 50  51 to 55 | | | | | | | 56 to 60  61 to 65  66 to 70  71 and over | | | |
| Do you consider yourself to be: | White British  White Irish  Other White  White and Black Caribbean  White and Black African  White and Asian  Other Mixed  Indian  British Indian | | | | | | | | Pakistani  Bangladeshi  Other Asian  Black Caribbean  Black African  Other Black  Chinese  Any other  Prefer not to say | | | |
| Do you consider yourself to be | Male | | | | | Female | | |  | | Prefer not to say | |
| Prefer to self-describe: Click here to enter text. | | | | | | | | | | | |
| Do you consider yourself to have a disability | Yes | |  | | No | | | | | |  | Prefer not to say |
| If yes please give details: Click here to enter text.  (including any support you would like) | | | | | | | | | | | |
| Technical requirements | Please confirm you have access to a laptop or tablet with webcam and microphone capabilities to allow yourself to take part effectively in remotely. | | | | | | | | | | | |
| Yes | | | No | | | | | |  | | |
| If no please give details: Click here to enter text. | | | | | | | | | | | |
| Camera/Personal Space | I confirm I will have my camera on during the training and I will be in a quiet space | | | | | | | | | | | |
| Consent  *(completing this section will be taken as your eSignature)* | I have confirmed my attendance to this course with my line manager  I consent for the information on this form to be recorded to facilitate equality and diversity reviews  I consent for future contact to track impacts from this programme  I consent to sharing my email with other partners of the workshop and attendees on the workshop  I consent to the workshop being recorded for internal teaching and training purposes only | | | | | | | | | | | |

**Costings organisations outside of South Yorkshire ICS:**

We welcome colleagues from outside of South Yorkshire ICS to contribute to and learn from this programme which has been funded by NHS England and South Yorkshire ICS. Contribution charges are as follows:

**None Statutory/Voluntary Organisations £25 per person**

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

*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 South Yorkshire ICS.***

Please return to Kelly Greenwood at kelly.greenwood@nhs.net