

WORK AND HEALTH: USING PERSONALISED CARE STRATEGIES TO SUPPORT BEHAVIOUR CHANGE AND OUTCOMES

Helping frontline teams improve engagement, confidence,
and outcomes for people with long-term health conditions.



1-DAY
Programme



CPD
Certified



Evidence-
Based



WHY WORK & HEALTH MATTERS



8.4 million

reported a work-limiting
health condition -
equivalent to around 1 in
5 working-age people

Source: UK Government statistics 2024/25

Health and employment cannot, and should not, be considered in isolation.

For someone living with a long-term health condition, barriers to work are rarely about their diagnosis alone. Pain, fatigue, anxiety, confidence, sleep, finances, relationships, social connection, workplace experiences and the demands of a particular role can all interact, sometimes reinforcing one another over time.

A diagnosis alone doesn't tell us how someone will experience work. Two people can have the same diagnosis and completely different experiences of employment. The difference might be symptoms and function, but it could equally be their job, employer, relationships at work or home, previous experiences, or simply what work means to them.

If people's lives aren't experienced in silos, our conversations and support can't afford to be either.



OUR SOLUTION

Our CPD-certified one-day programme equips frontline professionals with the practical knowledge, personalised care approaches and behaviour change skills to better support people experiencing health-related barriers to work. Developed by health professionals and employment specialists, it helps learners understand how health, wellbeing, work and wider circumstances interact; have confident, person-centred conversations that build trust, motivation and engagement; and support people to identify what matters to them and take realistic steps towards better health and work outcomes. You don't need to be a clinician - you need the confidence to understand how health can affect someone's experience of work and the skills to have conversations that help identify what could make a difference.

WHO IS THIS FOR?



Work
Coaches



Employment
Advisors



Health &
Wellbeing
Coaches



Link
Workers



Care
Coordinators



Team
Leaders

KEY LEARNING OUTCOMES



Apply Personalised Care techniques to support people to take an active role in their health.



Use behaviour change techniques to build trust and motivation.



Conduct more meaningful, impactful client conversations.



Understand the impact of common long-term conditions on work.



Support clients to identify goals and create realistic action plans.



Build confidence supporting people with complex needs or barriers to engagement.



Improve engagement and wider outcomes aligned with health and work.



Adopt a holistic biopsychosocial approach to health and employment.

WHAT LEARNERS SAY ABOUT OUR TRAINING

9.6 /10

Facilitator Knowledge & Expertise

9.2 /10

Met Expectations & Learning Objectives

9.1 /10

Overall Training Experience

8.9 /10

Confidence & Support People

WHAT PARTICIPANTS SAY



Brilliant training - our coaches said that they wished they had had the training sooner



— Bristol Work Well Programme Manager



I now feel more confident having conversations about health without feeling that I need to be an expert in the condition.



— Work and Health Coach

ORGANISATIONAL BENEFITS



Improved Client Outcomes

Drive meaningful health and work progress.



Increased Staff Confidence

IPractical tools for frontline teams.



Better Engagement

Reduce disengagement through personalisation.



Enhanced Performance

Improve contract outcomes and sustainment.

PROGRAMME DETAILS



Duration: 1 Day



Delivery: Online or Face to Face



Suitable For: Coaches, Advisors, Link Workers and Managers



Price: £200 + VAT per learner
*Group booking discounts available

READY TO TRANSFORM YOUR WORK & HEALTH CONVERSATIONS?



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