



**PERSONALISED CARE
TRAINING ACADEMY**

Provided by Pathways CIC

COMPREHENSIVE HEALTH COACHING

PERSONALISED CARE IN PRACTICE

4 DAY PROGRAMME

A Personalised Care Institute (PCI) accredited training programme which provides a comprehensive programme for Health and Wellbeing Coaches working in primary care to deliver Personalised Care.

The Comprehensive Health Coaching training programme equips Health and Wellbeing Coaches with the knowledge and practical skills to support patients to set personalised goals, focusing on what matters most to them, guiding them to increase their self-efficacy, motivation and commitment to make, and sustain, changes to their lifestyle and improve their health and wellbeing.

The training follows and is fully compliant with the NHSE Health and Wellbeing Coaches Workforce Development Framework to enable Health Coaches to deliver the Comprehensive Model of Personalised Care.

THE PERSONALISED CARE IN PRACTICE – COMPREHENSIVE HEALTH COACHING TRAINING PROGRAMME:

- ✓ Is accredited by the Personalised Care Institute (PCI)
- ✓ Consists of seven modules delivered across four days
- ✓ Is suitable for prospective or existing Health and Wellbeing Coaches
- ✓ The programme is held over 4 days, the first 3 days are consecutive and the fourth day takes place a month later. Where due to practice/PCN commitments participants are unable to commit to the 3 consecutive days of training, the programme can be undertaken flexibly across an extended time period dependent upon module availability.



- ✓ Has been developed with direct experience of recruiting, hosting and training people within ARRS (Additional Roles Reimbursement Scheme) posts
- ✓ Has been developed in collaboration with subject matter experts, a peer review group of service users with respect to what matters to them and Pathways staff currently delivering personalised care
- ✓ Is overseen by a GP Lead
- ✓ Is continuously improved following participants' feedback
- ✓ Results in a PCI branded training certificate which can be used as evidence of training in the Comprehensive Model of Personalised Care



24 CPD HOURS

Delivery Methods

- ✓ Sessions are currently delivered online via Microsoft Teams however delivery face to face at your choice of venue is also available to suit demand

Online Benefits

- ✓ Access online training on phone, tablet or desktop
- ✓ Breakout Rooms allow pairs and group working, skills practice and networking opportunities
- ✓ Network with and learn from colleagues across different practices / PCN's



93.4%

Thinking about all aspects of the programme/course, how would you rate the provision of training?



Personalised
Care Institute
ACCREDITED

Independent PCI Feedback Ratings

To what extent did the programme/course meet your expectations and learning objectives?

93.4%

93.4%

The programme/course has helped further develop existing skills I currently use

How likely would you be to recommend this course to other professionals?

93.4%

The Personalised Care in Practice – Comprehensive Health Coaching Training Programme comprises 7 modules

MODULES

Module 1 Personalised Care and the NHS long term plan

In this module, we will explore the purpose and fundamental principles of personalised care as outlined in the NHS Long Term Plan. Let's embrace this transformative shift in perspective from focusing on 'what's the matter with you' to 'what matters to you', by exploring the idea, and the importance, of shared decision making.

Module 2 What is Health Coaching?

This module serves as an introduction to the crucial role of Health and Wellbeing Coaches. We will explore the fundamentals of coaching and its practical application within the practice(s)/PCN. In this module, learners will gain insight into how factors like health inequalities, health literacy and patient activation can significantly influence individuals' behaviours, thoughts, and emotions. Discover the importance of supported self-management in delivering personalised care and how it can empower individuals to recognise and develop their own strengths and capabilities.

Module 3 How can we support patients with Long Term Health Conditions?

In this module, we will delve into various long-term health conditions that can benefit from the guidance and support of a health and wellbeing coach, including:

- Overweight and Obesity
- Stress, Low Mood, Low Level Mental Health Issues
- Type 2 Diabetes
- Cardiovascular Disease
- Hypertension
- High Cholesterol
- Persistent Pain

Discover the power of motivational interviewing techniques to establish strong connections and encourage active participation in conversations that lead to positive behavioural change. Learn how to effectively structure discussions, using coaching techniques, that can support the management of long-term health conditions.

Module 4 Physical Activity and Healthy Eating

In this module, we will look at the importance of physical activity and healthy eating; the principles, recommendations and advantages of positive behaviours. This module will focus on empowering individuals to make positive lifestyle changes in order to attain their personal wellness goals.

Module 5 Building your Toolkit: Approaches to Behaviour Change

Enhance your skills in utilising various health coaching tools, techniques, and strategies to facilitate meaningful conversations, encourage collaborative goal setting, and empower individuals to become more confident, more motivated and more activated to make changes.

We will explore a range of behaviour change models including but not limited to; COM-B, transtheoretical model of behaviour change, MECC, strengths-based approach to learn how models of behaviour change can transform attitudes towards healthier lifestyles.

Module 6 Health Coaching in Groups

In this module we will explore the concept of health coaching in groups and how group work has the potential to offer wider benefits to individuals through peer support/mentoring. We will explore effective strategies for facilitating group sessions and discuss the pros, cons and things to be mindful of.

Module 7 Working in Practice

This module will look at the essential components of the NHSE workforce development framework, taking a deep dive into the requirements of the role of a Health and Wellbeing Coach that includes the importance of defining boundaries in managing expectations, effective and efficient caseload management, good supervision, safeguarding and strategies for generating referrals including showcasing the impact of your contributions.

WHAT IS A HEALTH AND WELLBEING COACH?

Health and wellbeing coaches work with people with physical and/or mental health conditions, people with long-term conditions and those at risk of developing them. They focus on improving health related outcomes where lifestyle modification and self-management have a significant impact on outcomes and prognosis, by working with the person to set personalised goals.

They use coaching skills, models of behaviour change and positive psychology to guide people on how to meet their personal health and wellbeing goals. Coaches support people to think through their own challenges and goals, increasing their self-efficacy, motivation and commitment to move forwards to make changes to their lifestyle and improve their health.

Health and wellbeing coaches are an effective intervention for improving self-management, by developing people's motivation, knowledge, skills and confidence around a variety of issues/conditions, including:

- weight
- stress, mood, low level mental health issues
- stroke
- diet
- diabetes
- hypertension
- activity levels
- cardiovascular disease
- end of life care
- persistent pain

(NHS HEALTH England – Health and Wellbeing Coach)



COURSE FEEDBACK

“ I still cant thank you enough for such an amazing, engaging program - real skills gained from the training that I am already putting into practice! ”



ABOUT US

The Personalised Care Training Academy is part of Pathways CIC, an award winning, forward thinking, innovative Social Enterprise operating since 2006.

Pathways CIC delivers a range of pioneering health, work and wellbeing programmes designed to create sustainable change for individuals and for local communities, with a focus on enabling people to live happier and healthier lives.

Pathways CIC has direct experience of recruiting, training and hosting staff under the NHS Additional Role Reimbursement Scheme (ARRS) and has staff supporting behaviour change through health coaching techniques on a wide variety of public sector contracts. This experience has informed the development of the Personalised Care in Practice – Comprehensive Health Coaching training programme.

Pathways CIC is an ISO 9001 accredited organisation, therefore the PCTA seeks to continuously improve and gain feedback relating to each training module from participants to facilitate the continuous improvement of the training programme. Regular reviews will be undertaken to review the impact and effectiveness of training provided.

RESERVING A PLACE

To reserve a place on our Comprehensive Health Coaching training programme please click on the link on our website training page which will divert you to our Eventbrite booking page.

If you'd like further information or are interested in commissioning a tailored programme please contact us using the details below:



0161 974 73 73



info@Personalisedcaretrainingacademy.co.uk



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