

Introduction to Health Coaching

For Health Professionals

Two-day Workshop

15th and 16th July, 2010

&

1 -day Review & Update

10th of November

8.30 am to 5 pm each day

The Great Hall-Gum San,

31-33 Lambert Street (Western Highway),

Ararat

Presented by

www.healthcoachingaustralia.com.au



**HEALTH COACHING
AUSTRALIA**

For

Links Steering Committee

Introduction

Adherence to medical advice and self-management regimes for chronic condition prevention and management can be a frustrating issue for both health professionals and patients. There is a growing recognition that simply telling patients what to do is not effective in bringing about long-term health behaviour change. The HCA Health Coaching model and techniques have been developed to enable health professionals to better assist their patients to overcome individual barriers to health behaviour change that often impede patients' progress.

Health Coaching provides health practitioners with evidence-based psychological, counselling and coaching principles, and practical techniques to enable them to assist their patients to make the cognitive and behavioural changes required to maintain or improve their health. The HCA model is compatible with the Flinders, Stanford and other popular Models of chronic disease self-management. Health Coaching can be conducted individually or in small groups, in person or via telephone and electronic means. For a detailed description of the model, including recommended training components, visit www.healthcoachingaustralia.com.au.

Participants in this workshop will be provided with the foundation knowledge and professional skills to commence health coaching in their workplaces to enhance their current professional practice. Participants will be encouraged to engage in further skills development in the workplace.

Course Structure & Teaching Program

This two-day workshop is intensive in its content and practice components. The practical sessions develop health coaching skills in the context of exploring and changing participants' own health behaviours. This adds a personal and challenging dimension to participants' skills development.

The workshop combines lectures, discussion, demonstrations and practical sessions that develop skills in each of the training components of the HCA Model. These include:

1. Fundamental principles of health behaviour change
2. Theoretical foundations of Health Coaching
3. Understanding and barriers to change
4. Essentials of Motivational Interviewing and Solution-focused Coaching
5. Agenda Setting using a Readiness to Change framework
6. Working with low readiness to change
7. Identifying and addressing cognitive barriers to health behaviour change (beliefs, attitudes, expectations, thoughts) and enhancing motivation for change
8. Identifying emotional barriers to change, brief interventions to manage emotions and referral issues.
9. Setting effective goals, including Goal Hierarchies, Goal Setting "do's and don'ts", Goal Striving, Action Planning, Contingency Planning and Relapse Prevention.
10. Transferring Health Coaching practice into the workplace

The training is conducted with a focus on health behaviour change for the management of obesity, diabetes, cardiovascular disease and other chronic conditions.

Competency in basic communication and counselling skills is assumed. Workshops are conducted by two facilitators.

Please note: We cannot award a Health Coaching Australia Certificate of Attendance to participants who do not attend the entire workshop. Late arrival or early departure from the workshop will result in missing critical parts of the curriculum.

1 -day Review & Update

The format for the one day course has changed. We still ask that prior to attendance at the Review & Update workshop, participants complete the following preparatory exercises:

- a) 16 review questions
- b) 1 case study

However, we do NOT mark or grade the preparatory exercises at the workshop.

The exercises are designed to clarify the principles and practices of health coaching for participants; and to allow participants to self-assess their knowledge and skills in health behaviour change.

The exercises are designed to prepare participants for active involvement in discussion during the workshop. It is the process of working through the preparation exercises that will add value to participants' learning and to the quality of interaction, questions and discussion at the workshop.

The case client's issue must be real, not a role play. However, participants can use a friend or a colleague as your 'client'.

Furthermore, due to a demand for more rigorous certification, moving forward we will be offering participants who have completed a Review & Update workshop the opportunity to become a candidate for HCA Certificates of Competency – Level 1 and Level 2. These certificates will have fully assessed components and will provide a pathway to receiving HCA accreditation in health coaching. Details regarding these certificate options will be available shortly.



Introduction to Health Coaching for Health Professionals

12th and 13th July, 2010, The Great Hall- Gum San, High St, Ararat

& Review and Update 10th November

Includes, Morning and Afternoon Teas and Lunches

Timings: 8.30 am – 5.00 pm each day

Title	First Name	Surname
Preferred Name	Profession	
Position		
Organisation		
Address		
Town/Suburb	State	Postcode
Telephone	Mobile	
Participant's Email		
Special Dietary Requirements		

COST:

\$250 per participant, working in an agency from within Ararat Rural City and Northern Grampians Shire

\$ 500 per participant, working in an agency from within Ararat Rural City and Northern Grampians Shire

For further information and RSVP

For further information regarding health coaching visit www.healthcoachingaustralia.com.au.

For registration and enquiries, contact Stacey Newman on

Phone: 5352 6225

Email: stacey.n@grampianscommunityhealth.org.au

Fax: 5352 2533

Note: Numbers are strictly limited to 24 participants per course. Please RSVP by Friday 9th July.