

Medical and Health Coaching Academy

Medical and Health Coaching Practitioners Programme Information

1st Programme: 13-14th July and 5th September
2nd Programme: 10th-11th Oct 2017 and 26th Jan 2018

Place are limited and we expect to be oversubscribed... we are offering a significant reduction on the price for the first programme in July – less than £200 per day - in return for your help in refining the content and provision of case studies.

**To secure your place on the programme:
Contact Lesley Thompson on 07725 638364 or lesleyt@beyond-consultants.co.uk**

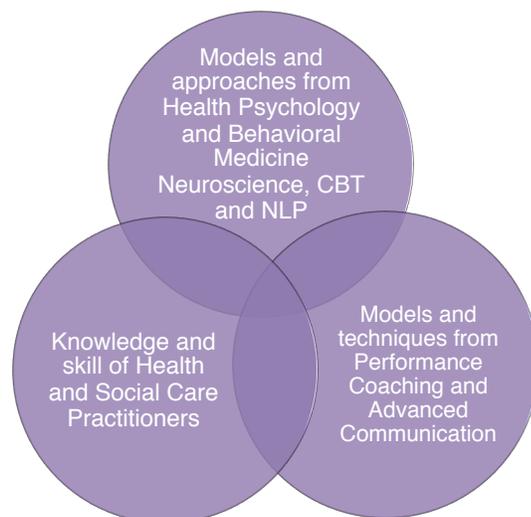
What is it and who is it for: This Medical and Health Coaching programme equips health professionals including; doctors, nurses and care professionals, with effective skills to grow the ownership, confidence and motivation of their patients to better manage their own health, and enhance prevention, whilst building resilience for both patient and practitioner. This will enable you to deal better with patients with difficult problems, such as those struggling to return to work, those with depression, stress and anxiety, and those who have unhealthy lifestyles or medically unexplained problems.

How it works: Starting with yourself, you develop a deep understanding of what it takes to change behaviours, consider your own specific needs and build the resilience and confidence to make/sustain positive change.

Programme content:

- ✓ Positioning – where does this fit in your medical and health world?
- ✓ Models and techniques for building resilience, stress and anxiety reduction
- ✓ Models for change – gain a theoretical and practical understanding of the human behaviour change process
- ✓ Models for insight, reflection and action – supporting your ability to partner people in generating insight, reflection and action
- ✓ Models and techniques for powerful communication – including an effective conversation cycle, and a coaching patients conversation route for 10 min consultations
- ✓ Models for using latest neuroscience for getting better outcomes
- ✓ See outline summary for more information.

Medical and Health Coaching skills



Where and When - Dates and Venue

1st Programme: 13th & 14th July AND 5th September 9.30am - 5.00pm

4 x 1-2 hour Webinars: dates and times will be agreed – Places limited * 50% price reduction - help us with refining this programme!

Venue: Dove Farm, near Ashbourne, Derbyshire (1st programme only)

2nd Programme: 10th & 11th Oct 2017 AND 26th Jan 2018 9.30am - 5.00pm

4 x 1-2 hour Webinars: dates to be agreed – Venue tbc East Midlands based



What we promise: A highly practical and interactive programme of discovery and development - about the processes and possibilities of change - harnessing the latest thinking, using evidence-based models and theories.

- A focused, intentional, effective experience with a small cohort of practitioners (maximum of 18) and 2-3 highly qualified and experienced trainers, who are all qualified and experienced coaches.
- You will build your own resilience as a health professional and spend some quality time with like-minded medical and health professionals who are committed to change and keen to play their part in making it happen.
- Deepen your understanding of your own communication/influences preferences - as well as adding skills and approaches to those you already have for consultations and conversations with patients/clients.
- Peer coaching 1:1 and in small groups with observations during the programme from your peers and your trainers.
- On the job 'testing' your skills and feeding back your experiences to explore the impact on patient/practitioner conversations.

Why now: Health and social care are facing unprecedented demands. Across the world healthcare systems are seeking solutions to deliver improved outcomes with reduced resources. Encouraging people to better manage their own health is a key component to reducing demand, improving prevention and providing more sustainable services.

The Five Year Forward View says that the future health and prosperity of Britain depends on a radical upgrade in prevention and public health. It also encourages initiatives that empower patients, enabling them to manage their own health. Together we are seeking a paradigm shift in the relationship between health and care staff and patients/citizens; from predominantly *fixer/carer* – to *empowering partner*. This requires people to build the trusted relationships essential to patient-centred care and tap into people's intrinsic motivation.

Accreditation: CPD and towards accreditation with International Coaching Federation (ICF)

The coaching content will be closely aligned to the core competencies of the International Coaching Federation (ICF), the largest international coaching organisation. The coach-specific training in the programme can be used towards a portfolio accreditation with the ICF. We will provide a Certificate for CPD purposes.

Costs: Discounted rate for first programme: £495 (VAT will not be charged)

This includes all 3 days of live training, lunch on the 3 days, PLUS 4 x 1-2 hour training and development webinars

Overnight accommodation: If you require overnight accommodation we have a list of available bed and breakfasts in the locality. Please book early to avoid disappointment!

Further development and career opportunities - Train the trainer programme: We have developed a trainer programme for alumni of the practitioner programme. Going forward, they will be then able to become associates of the Medical and Health Coaching Academy to train health professionals (probably through a license agreement further down the line). Medical and Health Coaching practitioners will be invited to become a trainer if they are interested in training others.

Please forward this flyer on or for more information please contact Lesley Thompson on 07725 638364 Lesleyt@beyond-consultants.co.uk