Buckinghamshire Health & Social Care Academy

Health coaching

Health Coaching Course Overview

This four-day face-to-face course, designed to give you the confidence and practical skills to support people better self-manage their health and wellbeing.

The benefits of health coaching

- **Empowering Conversations**: Learn how to support people in identifying their own goals, strengths, and solutions.
- **Co-Production in Practice**: Gain the skills to truly co-produce care, where service users are equal partners in designing and managing their health journey.
- **Shared Decision-Making:** Facilitate collaborative choices that reflect what matters most to the individual.
- **Improved Access and Outcomes:** Help people feel more confident navigating services, leading to better health and more positive experiences.

Course Structure

- 4 Full Days of in-person, interactive learning.
- Case Study Poster & Portfolio to complete after the course.
- Support from a dedicated project manager to help you succeed

Qualification

- Receive a PCI accredited & Advantage Level 4 Qualification in Health Coaching upon successful completion.

Who Should Apply?

- Anyone working in a voluntary or paid role in the charity, healthcare, or social care sectors that want to support individuals affected by health inequalities.

Want to Learn More?

- If you have any questions or concerns, feel free to contact: Kirsten Holman
- k.holman1@nhs.net

Want to book your place?

Follow the link:
https://www.bhsca.co.uk/buckinghamshire--oxfordshire-and-berkshire-west-icb-funded-opportunity