



# PEAK HEALTH

COACHING

## Welcome to our November 2024 Newsletter

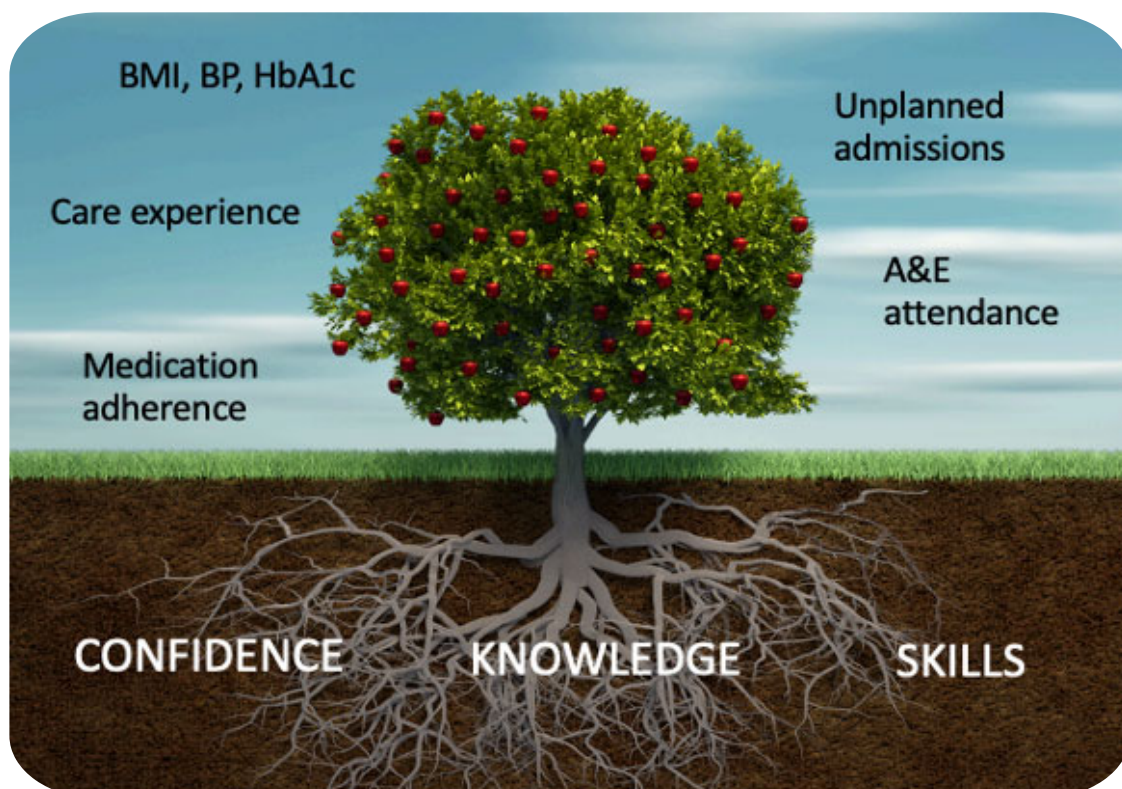
If you're asking yourself "Where did October go?" so are we! We've been busy facilitating some new courses (see below)...and taking a bit of holiday too.

(Almost) every month we will include what's going on at Peak, along with insights we have in the landscape of Personalised Care and, of course, a coaching 'Top Tip'. I've added a Top Tip below, but please send in yours [here](#) and we will include these along with your name for future issues. Please **share this newsletter** with your colleagues who might be interested.

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### Health Coaching Top Tip

**Remember - Focus on the Roots not just the Fruits!**



Those of you who have been on our PCI-accredited 2-day or 4-day Tailored Health Coaching programmes will be familiar with this *tree metaphor* (pictured). We explain that if we want **Good Fruit** (read Good Outcomes – HbA1c, BMI, BP....) then we

need to pay attention to getting **Good Roots** (read Good levels of **Confidence**, **Knowledge** and **Skills** in our patients). Building confidence, knowledge and skills (**Activation**) is a key aim of Health Coaching, yet we can sometimes be drawn into only focusing on the fruits of that. Yes, these things are easier to measure – a simple blood test, or examination, but the roots that support those outcomes year after year, we think, are **even more important**. Remember supporting people to move from Activation Level 1 (“My health and well-being has nothing to do with me”) to Level 2 (“I’ve got a role to play”), is the steepest bit of the curve in achieving better outcomes. As this is where you will be focusing a lot of your energy as practitioners in personalised care, and where you will have your biggest impact on the health of the nation, it’s worth thinking about **“how you will notice it and measure it?”**

What do you think of this 'top tip'? Have your say about this and/or share your own [here](#).

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## New Courses and Development Opportunities

At Peak, we want to provide the most engaging and impactful training for colleagues in the Health, Social and Community care sectors. Each month, we will focus on a couple of our relevant training and education programmes for you to consider. If there is a particular subject area where you would value training, please let us know [here](#).



## Supervisor Training

Our PCI-Accredited Supervisor training is starting in **January!** The dates and details of how to apply for the programmes are on our website [here](#).

We know that health coaching colleagues are in desperate need of great supervisors, so please consider whether you'd like to participate.

Apart from loving supervising colleagues, my own experience of Supervisor training is that it really enhanced my coaching practice too.

If you'd like to find out more, we would be delighted to have a conversation with you!

## Group Supervision (price drop)

We are delighted to be able to offer our **group supervision** for a reduced investment of £360 plus VAT for 6 sessions, or £75 plus VAT for a single session.

These are now available for booking via the [website](#).

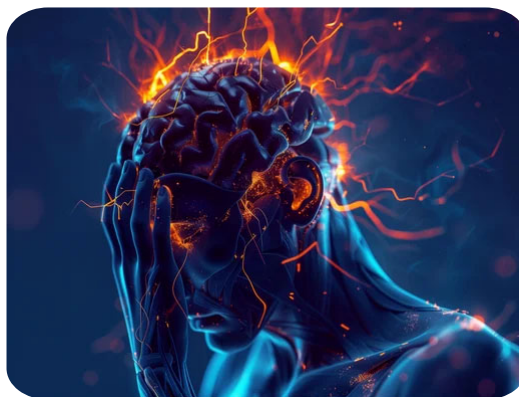
We hope that offering even better value sessions will encourage more colleagues to be able to participate in this essential aspect of their work.

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## Coaching Approaches in Pain Management

**Do you believe we can do better for chronic pain management in primary care?**

As some will know, we have designed a highly interactive online course (**2 x half-days**) to teach colleagues (be they prescribers or coaches) to develop non-medication approaches to chronic pain management.



This builds supported self-management, coaching support and safe de-prescribing, into NHS primary care settings.

Sessions are facilitated by both **clinicians** and associates with **Lived Experience** and represents the importance of developing a patient's own confidence and locus of control. Hear briefly from Lee, one of our lived experience trainers [here](#).

**Our next programme is starting in mid November and again in January - book your places [here](#).**

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## Accredited 2-Day Tailored Health Coaching



Our PCI-Accredited 2-day Tailored Health Coaching is ideal for **EVERYONE** working in the NHS and Social Care system. This is a great starting point for colleagues who are wanting to use coaching skills alongside and within their normal work.

Colleagues who have completed our **Care Co-ordinator course** or other personalised care courses, would also find this programme adds value to the approaches you have already learned.

Find out more and book a place [here](#).

## Working with Groups

If you missed this in October, we will have some new dates for January. From the feedback (below) we expect these places to go fast, so find out more and express your interest [here](#).

**"Left training feeling encouraged and empowered with lots of ideas"**



**"Passionate and motivating presenters"**

**"I cannot recommend these sessions highly enough...encourage engagement and sharing. Huge thank you."**

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## Peak Insights



### **Wes Streeting at the RCGP Conference (Ollie Hart's reflections)**

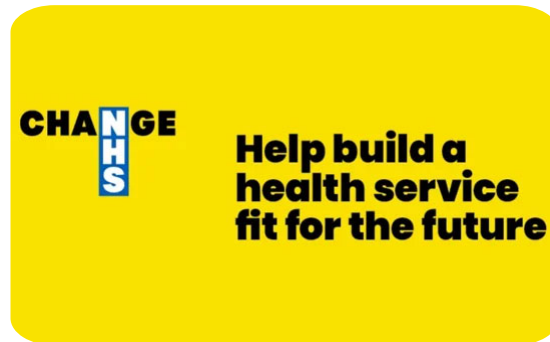
So often you listen to politicians and they say nothing really. They professionally navigate tricky issues, giving answers they think most popular with their audience. At least that's what we've been used to lately. It was refreshing to feel like we were listening to someone who is prepared to acknowledge and take on the tough issues ahead of us in the NHS.

Key take homes for me, Wes Streeting recognises:

- Primary Care offers the best value in the NHS, and it's savvy to protect teams and invest here.
- Benefits of working in communities (neighbourhoods) and of horizontal integration between specialists and generalist teams, with equal parity.
- Needing transparent and inclusive decision making about trade-offs between investing in health services, and tackling wider determinants of health.

- He is committed to listening, and having robust debate.....his previous swipe at partnership model was a deliberate provocation to stimulate engagement around contentious issues.

I felt optimistic. He spoke like he deeply understands the nuances of our health challenges. We were reminded he spent much of his pre-MP life in leadership roles in the voluntary sector. Only one backward reference to Tory legacy, much more forward looking to how we collaborate as teams to properly build for the long-term. This feels to me like brave leadership, with moral intent.



## Have your say on the future of the NHS...

With a new government in post, there is a significant public consultation in process to contribute to a new 10 year plan for the NHS. **We would strongly encourage you to have your say**, and raise the profile of health coaching, and person centred approaches in the conversation. You can contribute as an organisation or as an individual. The more voices the better. Deadline is by the end of the year

<https://change.nhs.uk/en-GB/>

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## Events for your Diary

**Peak Health Coaching 3rd National Conference: 4th June 2025 (Save the date!)**

If you need any encouragement to come, how about this testimonial from 2024:

**"I had a fantastic day at the Peak Health Coaching Conference. We can't underestimate the importance of allowing time to come together with peers for reflection, learning and some challenge. This conference is the perfect place to do that if you're passionate about making things better for people."**

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## Other Peak Programmes to share:

**Peak Health Coaching offers a number of other programmes relevant to Health Coaching and Personalised Care. Here are some to think about:**

#### Group Supervision

These sessions (max 6 people) can be booked and spread through the year or booked when you need them.

#### PCI Accredited Supervisor Training

Suitably experienced coaches will be able to provide supervision in-house to their colleagues.

#### PCI Accredited 2-day Tailored Health Coaching programme (Module 1)

Suitable for EVERYONE in the health, social and community care sectors, who want to support self-management and have better conversations with colleagues.

#### PCI Accredited 4-day Tailored Health Coaching programme (Modules 1 and 2)

Suitable for health and well-being coaches and those who want to go a bit deeper in their understanding and practice of health coaching.

#### PCI Accredited 2-day Care Co-ordinator Training

Suitable for all Care Co-ordinators, getting to grips with a new and developing role.

#### Care Navigation Training

Suitable for all frontline staff who want to support people to navigate the health and care system, by tuning in to what really matters.

#### Peer Support and Action Learning Training

Learn how to facilitate a small group of your colleagues to do their very best thinking, support each other and come up with new perspectives and ideas to take forward.

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Thanks for taking the time to read through our new Newsletter. If there's anything the team can help you with please get in touch at [support@peakhealthcoaching.com](mailto:support@peakhealthcoaching.com) or call us on 0114 291 9137

Thanks for your support,

**Tim & The Peak Health Coaching Team**



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