

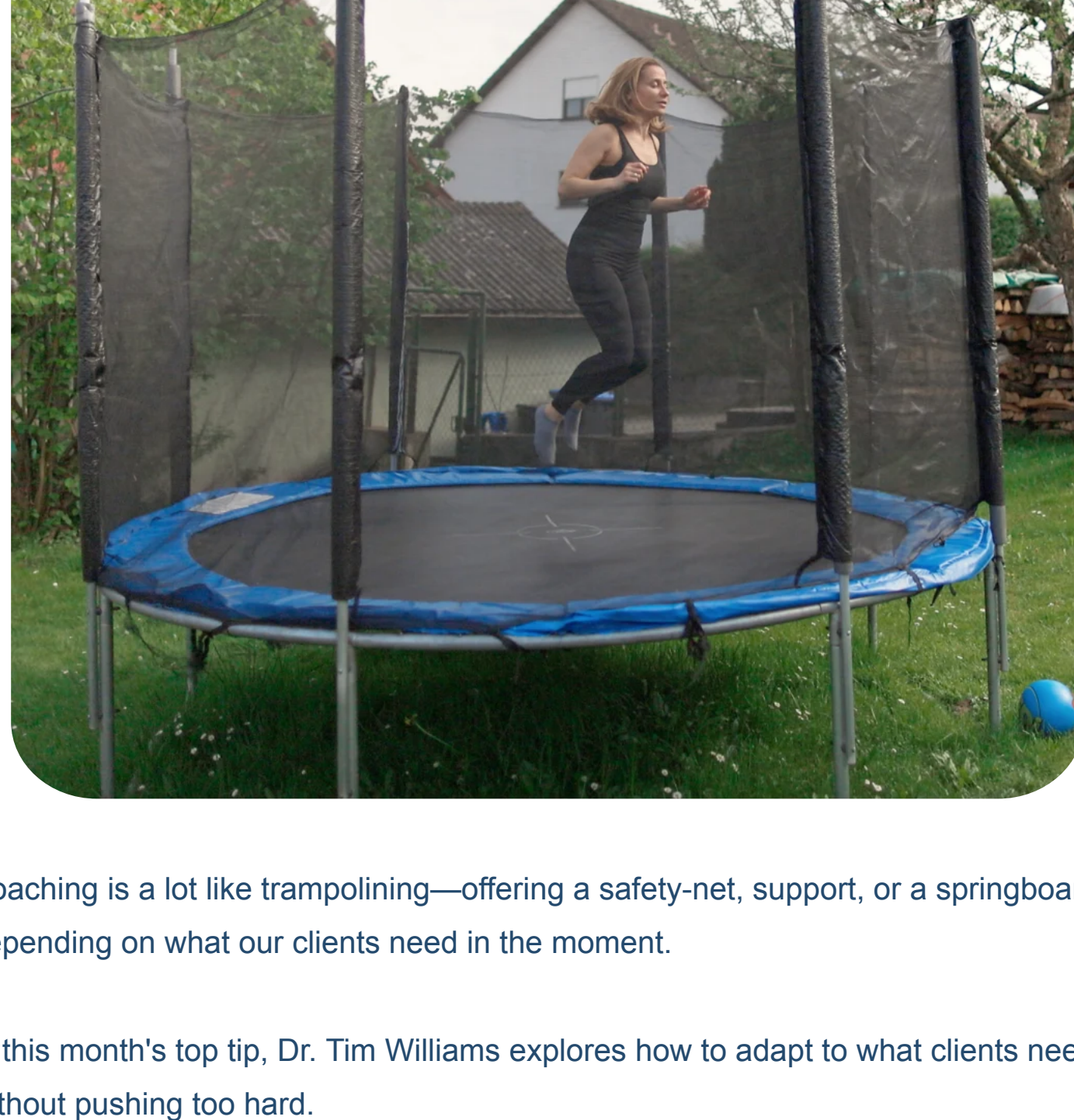
Welcome to our February 2025 Newsletter

We hope you're enjoying the lighter mornings and evenings and are excited about what 2025 has to offer - we are!

(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'. Please [share this newsletter](#) with your colleagues who might be interested.

Health Coaching Top Tip

Coaching and Trampolining - more similar than you think!



Coaching is a lot like trampolining—offering a safety-net, support, or a springboard, depending on what our clients need in the moment.

In this month's top tip, Dr. Tim Williams explores how to adapt to what clients need without pushing too hard.

[READ THE TIP >](#)

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

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 and beyond. Each month, we will focus on a few of our 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](#)**.

[VIEW FULL COURSE CATALOGUE >](#)

What happens now?



The question of "What happens now?" has come up in supervision - but for different reasons.

- Clients getting to the end of their coaching sessions and wondering what they can do next.** Managing endings is key and we have mentioned before about starting a coaching relationship with the end in mind. It is useful for clients to understand early on, that coaching is often for a defined period time. Some people need more sessions than others, but it will come to an end, at some point, so what then?

At Peak, we would love those, who feel able and would like to, to be a support and resource for others in their community. It is then that we get truly sustainable healthcare, where individuals and communities support each other. Supporting people to facilitate groups of their peers, is one way to do that. If you're interested in how to do that really well - check out our next ['Working with Groups'](#) in March (see below).

- Coaches and other learners reaching the end of their current training programme and wondering what else they can do to develop their skills.**

Again, Peak Health Coaching has some thoughts on this. We now have a page on our website dedicated to our [Full Course Catalogue](#) as well as a Full pathway of programmes so you can see where these fit in.

[VIEW OUR TRAINING PATHWAY >](#)

If you don't currently have the time or resources for the next stage, then you could consider a stand-alone module, which will count towards it, a step at a time. [Coaching in Pain Management](#), [Working with Groups](#) and [Supervisor Training](#) are all good examples of these (see below).

Coaching Approaches in Pain Management



Better Pain Management in Primary Care.

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.

If you and/or your wider team would value training in this challenging area, please visit our [website](#) for our next course dates from March 2025.

[FIND OUT MORE >](#)

Working with Groups Training



Ideal for frontline staff in the health, social and community care sector who work with groups and want to make these even better!

If you missed this in October and are working with groups or just thinking about it, our next programme is: **6th and 27th March**.

To find out more and book your place, visit the website at the button below.

[FIND OUT MORE >](#)

"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."

Health Coaching Supervisor Training



Although we offer [Health Coaching Supervision](#) in groups or 1:1, we are aware that the most sustainable option is for some more experienced coaches and team leaders to learn these skills to support their colleagues.

Our comprehensive [Health Coaching Supervisor Training Programme](#) will get you off to the very best start in this next chapter of your development. Click on the link to find out more and download an application form.

Here's some initial feedback from Day 1 (1:1 Supervision):

"Feel more confident even after 1 day"

"appreciate everyone's eagerness to grow and learn"

"Simple structure to use...appreciated the opportunity to practice"

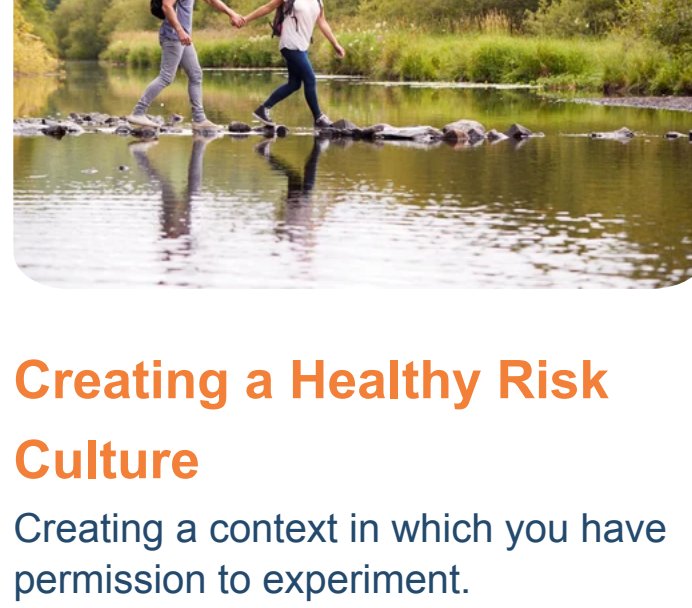
Peak Perspectives on the Blog



Person Centred Care is central to the NHS's ambitions for a Neighbourhood model

By Dr. Ollie Hart

We've recently seen the NHS release its 25/26 guidance on Neighbourhood working. Building on Claire Fuller's Primary Care Stocktake, Wes Streeting aims to shift from hospital to community, and reactive to proactive care.

[READ MORE >](#)


Creating a Healthy Risk Culture

Creating a context in which you have permission to experiment.

By Dr. Ollie Hart

One of the most important things we leaders can do, is cover risk. It is such an enabler when leaders reassure their team, that if they innovate and things going wrong, they will have their back. After all, fearful mindset can hold back new ideas.

[READ MORE >](#)

Dates for your Diary

National Conference in Personalised Care

4th June 2025

(9am - 4.30pm in Central Sheffield)

'Enabling Agency and Wellbeing'

Where else can you attend a one day in-person conference where the speaker roster features :

- ✍️ Co-chair of the NHS Assembly
- ✍️ 2 inspiring health coach team leaders
- ✍️ One of the best data analysts for person-centred care in the country
- ✍️ The author of hugely successful 28 day metabolic health plan
- ✍️ Expert by experience and author of "From Pain to Power"
- ✍️ A TV doctor and leader of [Red Whale](#) training team
- ✍️ 2 trailblazing GPs in personalised care , leading commissioning and hospital community teams
- ✍️ Recent CEO of [Education for Health](#)

and..... a 4 times World Ironman Champion !!! 🏆

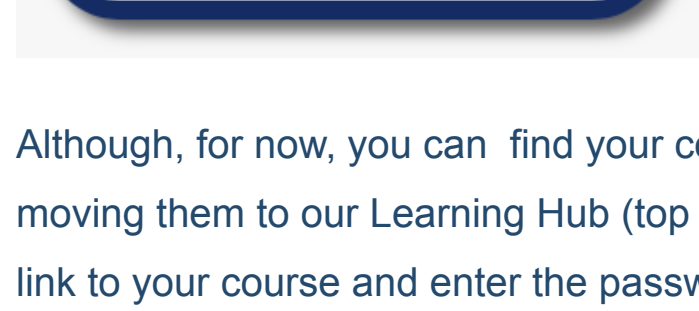
There are **only 160** places.....we really want them to go to those with the most passion for personalised care - Health Coaches, GPs, Managers, Social prescribers, Care Co-ordinators, physios, OTs.....

As with previous years, we expect places to sell out quickly, so to find out more and book your place visit the website via the button below.

[BOOK YOUR PLACE >](#)

Peak Programmes

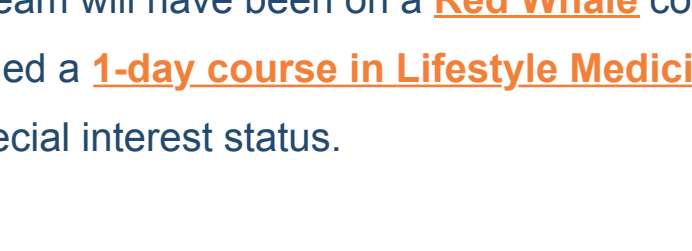
Peak Health Coaching offers a number of other Accredited and Approved Training Programmes relevant to Health Coaching and Personalised Care. Please visit our NEW [Full Course Catalogue](#) to plan your next step or share with others!



All Your Resources in One Place

Although, for now, you can find your course resources in the drop down list, we are moving them to our Learning Hub (top right of each web page). Simply click on the link to your course and enter the password to gain access!

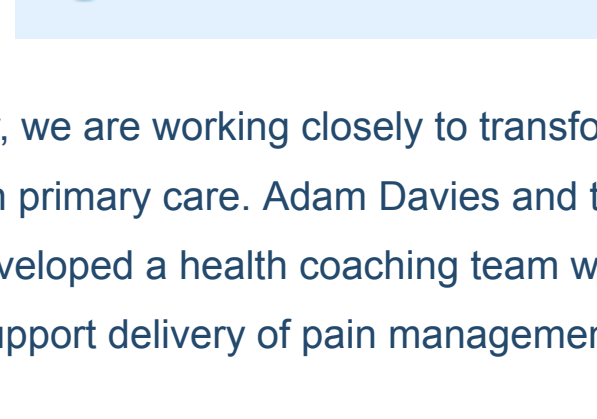
Peak Partners



As the country's leading provider of primary care updates, chances are you or one of your primary care team will have been on a [Red Whale](#) course at some point. They have just launched a [1-day course in Lifestyle Medicine](#) that's approved by RCGP as meeting special interest status.

Our Health coaching training, be it our core 2 or 4 day courses, pain, groups, or supervision courses, work really well alongside their educational content. Together we can help people to apply cutting edge knowledge in a coaching style- it's a winning combination!

If you've been on one of our courses and wish to enrol in one of theirs, or vice versa, please [get in touch](#) to obtain a 10% discount code.



As most of you will know, we are working closely to transform the way pain management is offered in primary care. Adam Davies and the team at [Pure Physiotherapy](#) have developed a health coaching team with expertise in pain management that can support delivery of pain management in practices or PCNs.

We couple that with our [Coaching for Pain Management 2 x ½ day training](#) (above) for your local teams to develop confidence in de-prescribing and promoting the health coaching offer. This combination of workforce and education is the first of a range of similar ideas we have. **Please get in touch if you are interested in expanding your local pain management capacity.**

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 or call us on 0114 291 9137

Thanks for your support,

Tim & The Peak Health Coaching Team