



PEAK HEALTH
COACHING

Tailored Health Coaching

PCI-Accredited

2-day

Programme



Tailored Health Coaching

Our PCI-Accredited 2-day Tailored Health Coaching programme has been designed by health care professionals and educational specialists to provide the ideal environment for participants to learn health coaching skills. As clinicians, we will be able to bring the learning to life with real examples from our own practice and share our experience of coaching in clinical and non-clinical settings. Participants will leave equipped to use health coaching skills within and alongside the work that they are already doing. Many participants report benefits for themselves and their work with colleagues as well as patients .

Objectives of the programme and what to expect:

DAY 1

- Establish a safe environment to think.
- Learn advanced communication skills.
- Know how to structure a coaching conversation
- Practice coaching in a supportive environment.
- Consider where to start using your coaching skills.



DAY 2

- Understand the concept of Patient Activation and how it can inform a coaching approach.
- Understand the characteristics of people at different levels of Activation.
- Be able to tailor your coaching to a patient's starting point.



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Further
Information



Who is the Training For?

This PCI-accredited programme is for health, social and community care professionals, who want to use coaching skills as part of better and more empowering conversations with patients and colleagues. This would include, but is not limited to, nurses, doctors, AHPs, their managers and support staff.

More information can be found here:

<https://www.peakhealthcoaching.com/2-day-pci-accredited-course>

Dates, Times and Place:

This programme runs multiple times through the year and is facilitated expertly through Zoom. Each programme consists of 2 x full-day training separated by a couple of weeks to practice and build on your skills. We include lots of breaks and opportunities to engage with fellow participants and course tutors.

Please get in touch to find out more about opportunities to join one of our innovative health coaching programmes.

"I would highly recommend this training for other healthcare professionals. It's relevance in today's practice should not be underestimated."

"Excellent training... very engaging"

Excellent coaching training...well-presented and facilitated."

Get in touch for more information
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[peakhealthcoaching.com](https://www.peakhealthcoaching.com)