



Welcome to our September 2024 Newsletter

Like many of you, we are getting back to work. We have been busy over the summer creating and developing engaging training programmes to support you and the wider system.

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.

Health Coaching Top Tip

Remember - Setting a Goal is not the Goal!



What constitutes a 'good' coaching session?

Is it when your client has a clear goal and a comprehensive plan to reach it? Sometimes we can worry that, because a goal has not been set or our client has not committed to a plan of action, that we have somehow failed – that we are not good coaches. This is not an uncommon concern raised by coaches in supervision – so if you feel this - YOU ARE NOT ALONE.

I am not saying that setting goals is a bad thing. Indeed, coaching is a very forward-looking, goal-focused intervention. For some clients though, setting a goal is a long way off and for good reasons. They are overwhelmed, low in their confidence, knowledge and skills (Activation) and not even sure what they want to change, if anything!

When nearing the end of a session, where perhaps I have spent our precious time listening to the story, building rapport and understanding, raising awareness of what is (and is not) working for the client, I will not worry about a goal. Instead, I might ask, **“As we come to a close, where is your thinking now?”** or **“What will you continue to think about between now and next time?”** or **“What's been most useful about this conversation?”** You will have your own phrases.

In terms of a 'good' coaching session, my question to myself and one you might want to ask yourself is, **“Did I provide an environment for this person to think for themselves about their health and well-being?”** If so, then we believe this is a marker of a great health coaching session.

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. 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](#).

Working with Groups (50% off for October)

Are you thinking of starting a group with your patients or clients? Have you already made a start and want to make it better? Then this **2 x 3.5 hour programme** is ideal. From experience, our team understands the challenges and the rewards of working with groups. Along with an opportunity to share your own experience (good, bad or ugly!) our team will provide highly practical tips and insights to get you off



the best start. There are no previous qualifications necessary, but it is anticipated that participants will have completed training relevant to their current role and be in a position to work with groups in the NHS, Social or Community settings.

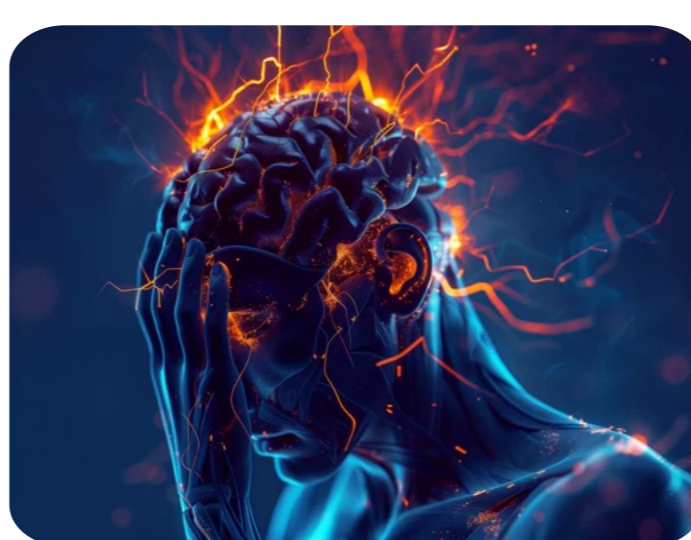
Our next programme is: 1st and 22nd October 2024 (09.00-12.30 via Zoom) and is just £125 plus VAT per person (for our October programme only) including all learning materials. Contact us for your special discount code.

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

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.

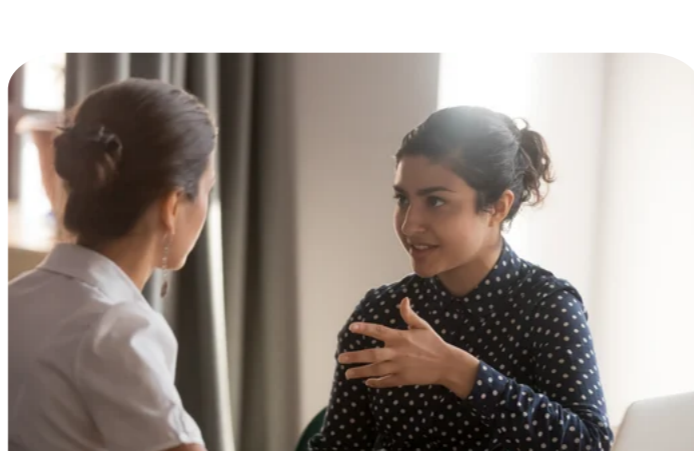


This builds supported self-management, coaching support and safe de-prescribing, into NHS primary care settings.

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 October - book your places [here](#).

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](#).

Peak Insights

Contracting and Boundaries

Keeping our boundaries can be challenging - even more so, if we have not contracted, (agreed), well enough at the start of a coaching or working relationship.



Although we teach contracting as part of the Tailored Health Coaching programme, it is an area that we know we need to remind colleagues (and ourselves!) about.

Without a proper agreement, we can be drawn into a working relationship that seems to go nowhere and yet takes up a significant amount of everyone's time and energy. Often, this is because, we have not been clear on what we are going to work on together and how we could do it.

As Brene Brown says "Clear is kind". So let's reframe boundary-setting as kindness and keep it central to the way we work with clients and colleagues. I have pulled out the core elements of the document we share on our coaching programme [here](#), as a reminder and a short video is available [here](#).

Events for your Diary

Care Co-ordinator Virtual Half-Day Conference - 6th November 2024 1.30pm-5pm

We seek to offer Care Co-ordinator colleagues a space to connect with like-minded people, hear what is happening across the country and to build on their previous learning and experience. [Book here](#) for your FREE place.

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

If you need any encouragement to come, how about this testimonial form 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."**

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 (Module 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.

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

