

West Yorkshire & Harrogate Social Prescribing Training Programme

West Yorkshire and Harrogate Health and Care Partnership are offering some training places, **free of charge** for health and social care professionals across our region.

What training is available?

We are offering a module titled **'Online/Telephone Health Coaching & Motivational Interviewing Skills'**

The course will consist of a full day live interactive webinar and will support the implementation of personalised care. Delivered in small groups by our expert coach-trainers, it contains a mixture of learning, reflection and practical application to kick-start your health coaching journey. In this course you will learn:

- Practical tools and techniques to build your skills in a health coaching approach
- The neuroscience of motivation, ownership and confidence
- The secrets of behaviour change
- The core competencies in line with the internationally-accredited standard

How will this training benefit me?

<https://health-coachingacademy.com/testimonials/>

<https://health-coachingacademy.com/diabetes-health-coaching-case-study/>

"When I use these methods I feel calmer, less stressed."

"Patients have genuinely seemed happier – we have better relationships"

100% said Health Coaching enabled them to build their patient's **confidence to change**

100% said Health Coaching enabled them to influence patient's motivation to change

97% said the course introduced them to new coaching models they now use everyday

Really enabled me to understand how little things such as active listening + positive affirmation are so important - allowed me to change my own conversation + be more positive

"It has given patients more ownership.... making them feel empowered."

"My conversations are richer, and more productive, and surprisingly require less work on my part!"





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How do I sign up?

If you are interested in participating in the training, please complete the following table and return to chantelleharrison@nhs.net by **8TH January 2021**

Available Dates	<ul style="list-style-type: none"> Tuesday 2nd February 09:30-16:30 Wednesday 24th February 09:30-16:30
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Name	
Email Address	
Telephone	
Role	
Organisation	
Chosen Training Date	

This data will be shared with West Yorkshire and Harrogate Health and Care Partnership and training providers via a Password protected spreadsheet transferred electronically. By completing the following table, you are consenting to this information being shared.

