

Health and Wellbeing Coaching

An integrated approach

A two-day interactive skills based workshop

Learn how to more fully engage people in their own health and wellbeing improvement plans, build their confidence and support them in their efforts to improve their quality of life and level of functioning into the future - using a fusion of motivational interviewing, cognitive-behavioural and positive psychological techniques, all delivered with close attention to evidence-based relationship factors.

Thursday 25th and Friday 26th July 2013

Venue: Wellcome Collection, 183 Euston Road, London NW1 2BE, UK
(Opposite Euston tube station)

Facilitators: Dr Tim Anstiss - Visiting Research Fellow, Human Development and Health Academic Unit, Southampton Medical School. Director: The Academy for Health Coaching. Mat Rawsthorne ACMA – Decision Support Professional and Peer Support Trainer, Institute of Mental Health, Nottingham.

Attendance fee for 2 days: £175.00 + VAT

The workshop will commence at 9.30 and close at 16.30 both days. Registration and arrival refreshments on the first day will commence at 9.00am. Refreshments available during breaks. Lunch is not provided but many nearby places to eat.

This practical workshop is targeted at front-line workers helping people make sustainable lifestyle changes including: nurses, physiotherapists, dieticians, social care professionals, fitness professionals, doctors, psychotherapists and counsellors, health trainers, pharmacists, etc. The approach is suitable for working with people experiencing stress, depression, obesity, diabetes, cancer, COPD, chronic pain, anxiety, chronic fatigue, medically unexplained symptoms and a range of other physical and psychological health problems including co-morbidities

All attendees will receive a signed certificate from the Academy for Health Coaching, a comprehensive handout with references and suggestions for further reading, a workbook and coaching guide along with access to a password protected, multi-media e-learning course

Feedback from previous workshops:

“Inspirational. Very useful and I will apply the tools in my everyday work”

“Enjoyed it all – everyone participated, lots of laughter!”

“Very well delivered, excellent presentation. Felt the facilitators were approachable”

“The training was interactive and well received, with tangible points that our Senior Wellbeing Advisors could take away and implement immediately into their role”

“Dynamic, entertaining, highly recommended”



Outline workshop content

Day 1

- What is evidence-based Health and Wellbeing Coaching?
- A taste of the approach
- Conversations which engage, strengthen and motivate
- The Spirit and Principles:
- 4 key processes: engaging, focusing, evoking and planning
- 5 core skills: O.A.R.S and A.S.A
- 10 helpful Tools and Strategies
- Building client self-efficacy and confidence
- Creating the conditions for positive change to occur: the importance of relationship factors
- Sustainable change – what works?

Day 2

- Psychological health and Wellbeing: overview of models and evidence
- The 3 psychological nutrients: autonomy, competence and relatedness
- The 5 pillars of wellbeing: P.E.R.M.A
- Shared decision making: Exploring options with people and helping them make the right choice for them
- Integrating motivational Interviewing, cognitive behavioural and positive psychology approaches using the T-GROW model of coaching
- How to get better at health and wellbeing coaching – including online learning

Dr Tim Anstiss is a medical doctor with post graduate qualifications in occupational medicine and sports and exercise medicine. He has trained in a wide range of psychological approaches including: behaviour therapy, cognitive therapy, interpersonal therapy, motivational interviewing, compassion focussed therapy, Acceptance and Commitment therapy (ACT) and positive psychology. Tim's team helped the Department of Health develop the Let's Get Moving physical activity care pathway, and Tim is currently working with the National Cancer Survivorship Initiative training cancer clinicians in health and wellbeing coaching, running a community based multi-component weight loss programme in north London and training fitness professionals in motivational interviewing to help sedentary people become more active. Tim also runs psychological health, resilience and wellbeing workshops for groups of employees including healthcare workers and teachers. A member of the British Psychological Association, Tim was one of the Slough 50 in the BBC documentary 'Making Slough Happy', a contender on ITV's Gladiators and once pole-vaulted for GB.

Mat Rawsthorne is Decision Support Professional and Peer Support Trainer with the Institute of Mental Health, Nottingham. He is an experienced trainer and facilitator, specialising in self-management of long term conditions and applied positive psychology. Mat helps people to discover and develop their strengths and resources to recover lost health and wellbeing.

To find out more about this course, or to reserve one or more places, please contact Dr Tim Anstiss at drtim@appliedwellbeing.com or on 07973 255946

Alternatively, you may book online at:

<http://healthandwellbeingcoaching.eventbrite.co.uk>

If you require an invoice for this event, use either of the above links to make a provisional booking and request an invoice



www.academyforhealthcoaching.co.uk