

Register Your Interest

One  Devon

The South West
Health Coaching
Collaborative



NHS

Personalised Conversations & Health Coaching Skills Training

FREE | ICB-Funded | Accredited Training

16 hours | 4 half-day sessions over a min of 4 weeks |

Online (MS Teams) | Expert facilitators



Course Overview

This accredited course develops practical health coaching and person-centred communication skills to support people to take greater control of their health and wellbeing, with a strong focus on **prevention** and **self-management**. It explores how to tailor your approach to individual needs, considering the factors that influence health and wellbeing.

Learning Outcomes:

- ✓ Develop personalised health coaching skills to support prevention and self-management.
- ✓ Use health coaching techniques to help patients set realistic goals and make lasting improvements in health and wellbeing.
- ✓ Identify individual motivations, strengths, and barriers.
- ✓ Work effectively with ambivalence and resistance.
- ✓ Adapt your approach to individual needs, readiness, and level of patient activation to support engagement and self-management.
- ✓ Gain the skills to have person-centred conversations that support personalised care and support planning.
- ✓ Practise skills through interactive exercises, peer feedback, and reflective learning.
- ✓ Build confidence and improve outcomes for the people you support.

For further information email: rebeccabovey@nhs.net

Or to register your interest for this or future courses

[REGISTER HERE-
DEVON](#)



Conversations
That Spark Change

WHY are we doing this?

- Support the NHS Long Term Plan 2025 by increasing personalised care skills across the workforce.
- Equip clinical and non-clinical staff with core skills for prevention, self-management, and personalised care conversations.
- Provide an accredited, evidence-based programme with strong learner feedback and experienced facilitators.

WHAT do we want to improve?

- Strengthen workforce capability, confidence, and job satisfaction to deliver personalised care.
- Reduce avoidable demand and crisis presentations through proactive, preventative approaches.
- Improve Patient Activation, experience, and Patient Reported Outcome Measures (PROMs).

WHO can enrol?

All frontline clinical and non-clinical staff employed in Devon, including:

- Nursing and Midwifery staff
- Allied Health Professionals
- Social Prescribers, Health and Wellbeing Coaches
- Care Coordinators, Reablement Teams, Discharge Coordinators
- Frailty Teams
- Community/neighbourhood teams, Care Sector, and VCSE partners

Training Dates:

Module 1	04-06-26
Module 2	11-06-26
Module 3	18-06-26
Module 4	25-06-26

More dates available.