FREE Health Coaching Skills Training places available now

HEALTH COACHING ACADEMY

The North Kensington Self-Care Programme has teamed up with a leading Health Coaching Skills training provider, the Health Coaching Academy, to offer **FREE** Health Coaching training. This training is available to **employees and volunteers of the North Kensington Voluntary and Community Sector** and is ideal for anyone supporting people to have better health and wellbeing outcomes. **The course is funded by the North Kensington Recovery Programme as part of the Self Care offer.**

The course details are:

Training day 1 Introduction to Health Coaching	**Training day 2** Fundamentals of Health Coaching
In this session you will cover Building trust and rapport Boosting confidence Supporting behaviour change How to have compassionate, person-centred conversations Practicing health coaching skills	In this session you will cover Overcoming barriers Building motivation The power of appreciation Offering empowering feedback Shared decision making Practicing health coaching skills

This is a great opportunity to learn more tools and techniques to implement personalised care and adopt a health coaching approach. It's also the start of a learning journey that you can continue, building up to further certification and accreditation.

Limited spaces: Sign up today

The first training day is on **Tuesday 17th August** and the second training day in **Tuesday 7th September**, with more dates available later in the year. As spaces are limited, we advise you to **sign up as soon as possible** at Health Coaching Skills Training - North Kensington Self-Care Programme.

For any queries, please contact Camila at Kensington & Chelsea Social Council: camila@kcsc.org.uk or 0208 1592 197.

If you would like to know more about the course, visit: www.health-coachingacademy.com

This Health Coaching Skills course is accredited by both the European Mentoring and Coaching Council (EMCC) and Personalised Care Institute (PCI), and counts towards your CPD hours with certificates upon completion.

Working in partnership with

Kensington & Chelsea Social Council **GRENFELL** **NHS North West London Clinical Commissioning Group**