

HEALTH AND WELLBEING COACHING

**BARNSLEY HEALTHCARE
FEDERATION**



What is health coaching?



"Health coaching is a partnership between health and care practitioners and people.

It guides and prompts people to change their behaviour, so they can make healthcare choices based on what matters to them.

It also supports them to become more active in their health and care."

NHS England

How does this look from a patient perspective?



- Identify changes
- Increase motivation
- Support when motivation isn't enough
- Build confidence that change is realistic
- Learn new habits
- Focus on behaviour change

What can coaches work with?

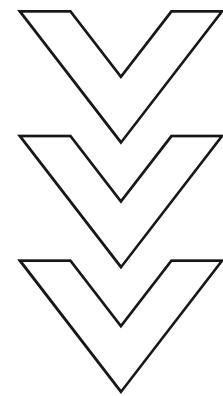


- **Healthy diet** - work to understand why the patient's diet may need to be healthier and help identify and implement changes.
- **Weight management** - work to understand reason for needing to manage weight and help identify small, realistic, sustainable changes.
- **Increasing physical activity** - identify barriers to physical activity and consider alternatives that fit into a patient's lifestyle.
- **Low mood, stress, anxiety** - help to identify ways that a patient can improve their mental health and overcome barriers that have prevented this.
- **Help understand and manage health conditions** - supporting clinical teams to support patients in implementing health advice they have been given.

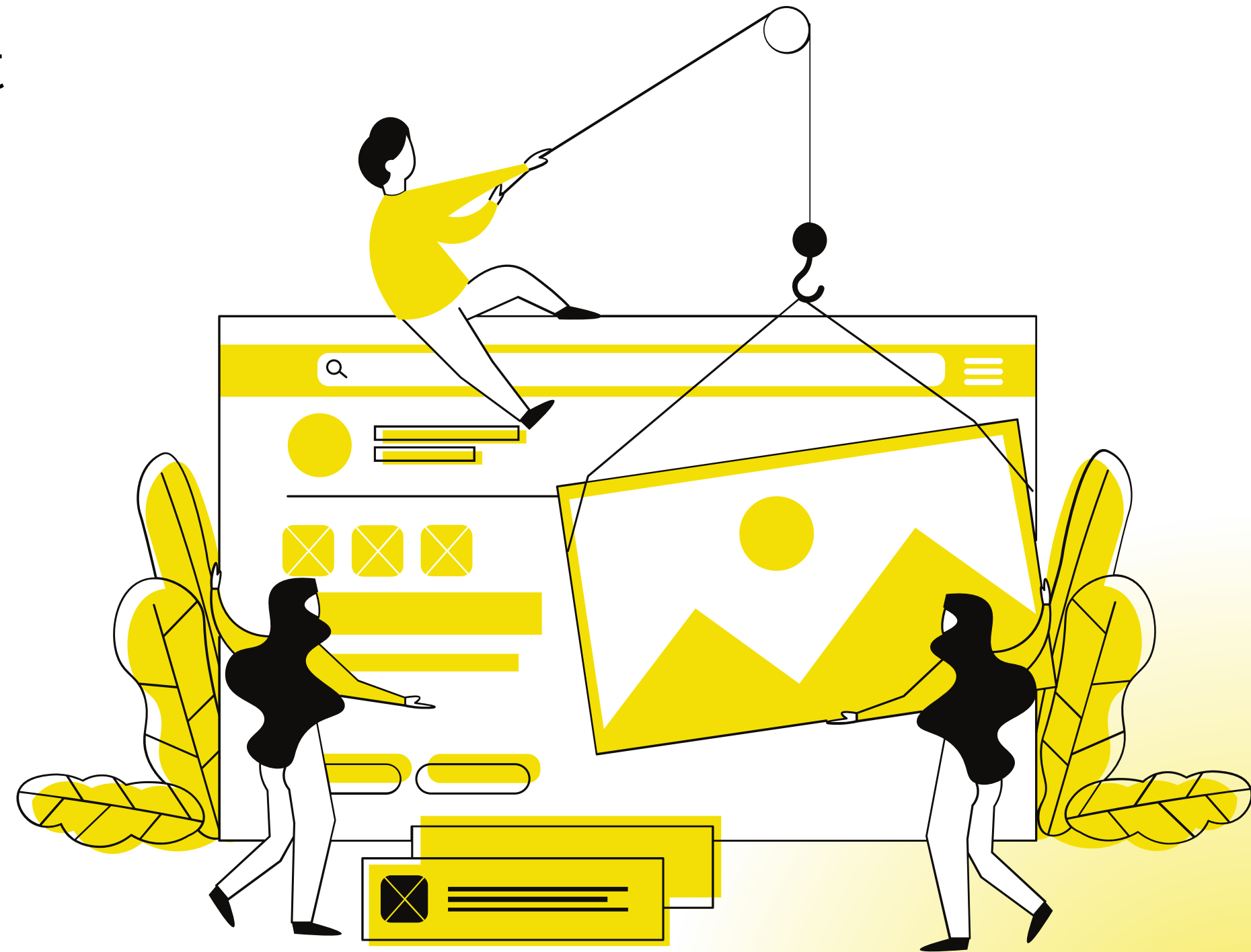


Working Together

Working together means patients get relevant care and support in the way that is most meaningful to them.



Patients, clinical teams, practice teams, social prescribers, referral partners etc.

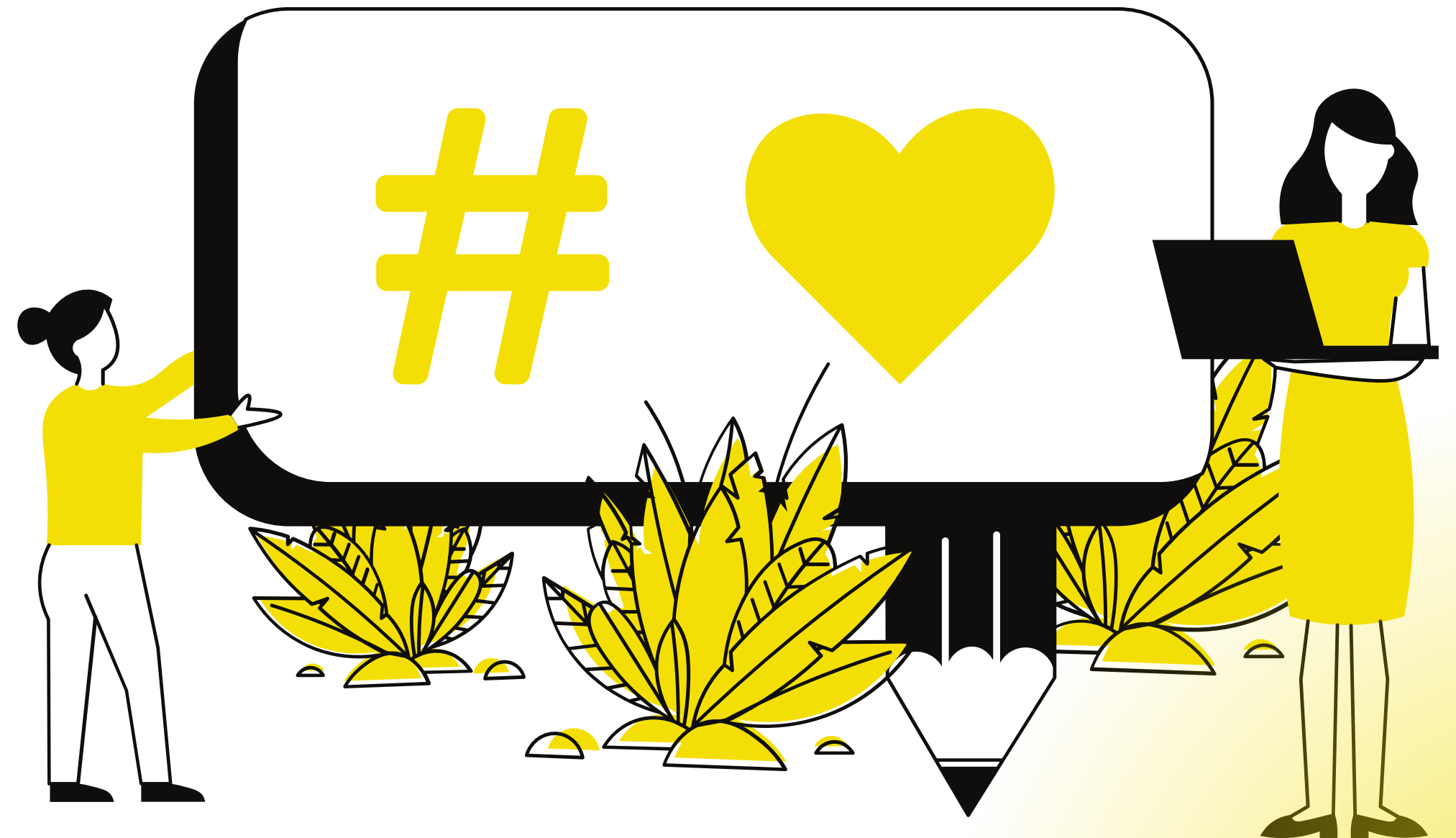


Conversations Count



Transactional to
transformational
- it's not about
advice.....

What do our patients say?



Our patients

"This is a service second to none, providing a friendly yet challenging approach which empowers the client to take better charge of their life, behaviours and thought processes. It is important to stress that the availability of this service via the NHS allows "ordinary" people to access an extraordinary service which would otherwise be beyond their budgets and would therefore stimy their ability to deal with a plethora of life issues."

"The common sense easy to follow strategies offered by the coach gave me a better understanding of mind management. These helped me to find small wins in the short term but in the longer have given me a set of approaches and general understanding of mental process to manage life better."

"The coach has been my guide, my challenge, encouraged reflection and so helped steer me slowly through some difficult times. Much appreciated and highly recommended."

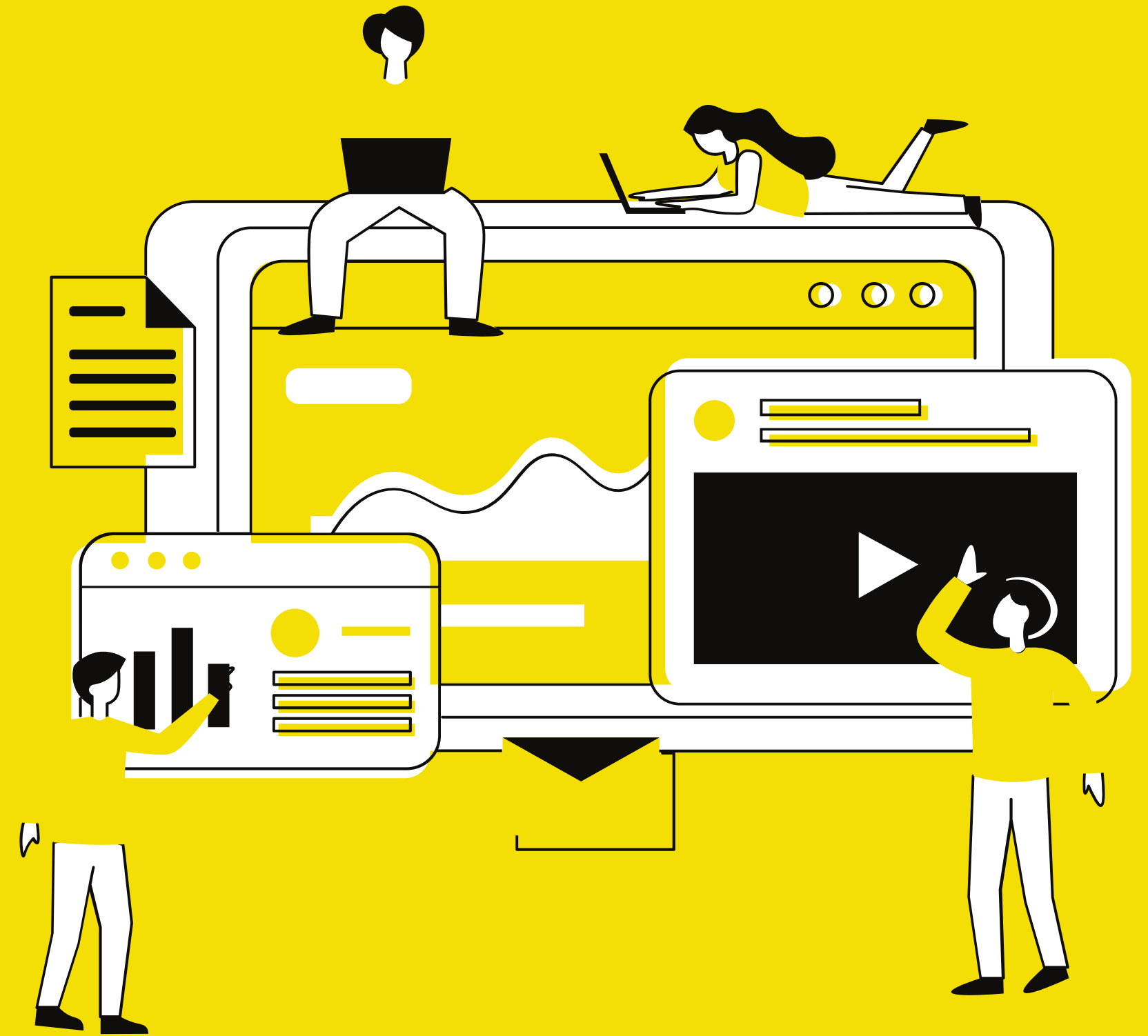
"The health and wellbeing coach was simply brilliant; I've never had anyone listen to me and give sound advice. I know I've done most of the work and still a way to go to reach my goal, but I feel more confident I will reach this thanks to my coach."

"The health and wellbeing coach's advice has been great and is working. I feel seeing her regularly keeps me from getting back into bad habits. She is very good."

Final words.....

My goals were simply to get to a place where my mental health improved so that I felt I could function both socially and in the workplace.

To use an analogy.....I was trying to steer a rudder-less ship, sailing in choppy waters in fog, no sign of land with cannon fire confusing my thoughts and ability to navigate.....it now feels like the cannon fire is minimal, the rudder is working, the waters are much calmer, the fog has cleared and I can see the land that I am aiming for





Thank You For Listening

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