

HEALTH AND WELLBEING COACHING

If you have a long term health condition contact your GP and ask to be referred

- **Would you like to be healthier but are not sure where to start?**
- **Do you have complex health conditions and would like to manage these better?**
- **Do you want to improve your wellbeing but struggle to stay motivated?**



Would you like to make lifestyle changes to **improve your health?**



For a healthier, happier you.

FREE HEALTH COACHING is a 1-2-1 service offered by your surgery to enable you to become more skilled in making health changes at a pace that works for you.

Your coach will contact you by phone once referral is received

How does health coaching work?

Your coach will work alongside you to discover what your health and wellbeing goals are over an agreed number of sessions. Health coaching will enable you to explore your values in relation to your health and wellbeing and explore the reasons you want to change your health behaviours. Using a range of resources in partnership with your coach you will agree what is possible and create goals of your choosing.

Health coaching will enable you to:

- Establish step by step goals
- Learn new skills
- Be persistent
- Reward success
- Seek support
- Take one day at a time
- Focus on one behaviour change at a time

It may include:

- Providing access to information and resources to help you to build your knowledge, confidence and skills
- Linking you to other services

Studies show that health coaching can build your knowledge, confidence and skills to help you to manage your long-term condition(s). People who have had health coaching report feeling more confident and have better health outcomes.

Health coaching will help you to take a more active role in managing your health and wellbeing.

