

Health Coaching



The
Croft
Medical
Centre



South Leicestershire
Medical Group



Billesdon Surgery



Providing NHS services

What is health coaching?

Health Coaching is a service offered to help create lasting change to improve a persons well-being and overall health.

It is a weekly series of sessions, usually 5 in total with a follow up session after half a year, designed to help work through goals and develop the skills needed to take control of your own health.

Health coaching is not about giving advice on how to improve your health.

Clients often have already received advice on how to make healthy changes in their life. They already know what changes to make, but circumstances make these changes difficult to start or keep up.

That's where health coaching comes in. It helps to increase motivation, introduce healthy behaviours, and develop ways of living a healthier life in a way that works for you.



What goals do we work with?

Lowering weight

People may want to lower their weight due to health concerns or simply to feel more comfortable in their body. We would work with a person to find what changes in lifestyle are realistic and long lasting.

Healthier diet

A healthier diet can help manage health conditions and reduce risk of future ill health. We work to identify what the reasons are behind a less healthy diet and work with clients to find healthier alternatives

More active lifestyle/exercise

Increasing activity can help improve quality of life, health, and wellbeing. However this has become more difficult with the rising prevalence of desk jobs, car transport, and sedentary activities. Health coaching helps clients to look at increasing activity in their life.

Reducing stress and low mood

Physical and mental health are interlinked, and difficulty in one area can often have an impact on the other. We can help clients identify activities which improve their mental health and address barriers to activities.

Managing Health Conditions

(Diabetes, Cardiovascular Disease, Stroke, Hypertension)

Lifestyle can have a dramatic impact on pre-existing health conditions. Clients who have received health advice for a condition but struggle to integrate this into their life may benefit from health coaching.



What is the structure?

Each person's work with the health coaching service is different, and sessions are tailored to the needs of the individual. Here is an example of what a typical series of health coaching sessions may look like.

Session 1

Discussing your goals, choosing a specific aim, and getting to know the supports and challenges in your life.

Session 2

Building motivation to make changes in life and identifying what barriers may be stopping progress.

Session 3

Looking at how to make changes in your life and setting goals to achieve your aim.

Session 4

Looking at what can trigger relapses in behaviour and planning for relapse.

Session 5

Session following a month of independent behaviour management, discussing what went well and what was difficult.

Session 6

6 month follow-up to see what has worked for you, and discuss plans going forward.

Images from this leaflet provided by Isaac Smith, Emma Simpson, and Toa Heftiba, sourced via Unsplash.com



The health coaching service is provided by Cross Counties Healthcare Primary Care Network and delivered by two health coaches, Taylor and Robin.



The health coaching service sits inside the health and wellbeing team, a service aimed to improve health and wellbeing for patients through the use of non-medical input with the aim of preventing and reducing medical intervention and treatment. The health and Wellbeing team can be contacted at:

cchpcn.healthandwellbeing@nhs.net

Cross Counties Healthcare PCN works with The Croft Medical Centre, Billesdon Surgery, and South Leicestershire Medical Group practices.

