2 Day Workshop in Person Centred Coaching:

Free Skills Development for the frontline workforce in Tameside & Glossop

Excited by the prospect of having a different kind of conversation with individuals that leads to better outcomes for the person?

Interested in how person centred coaching can lead to more satisfying contacts for both individuals and practitioners?

Join us for this stimulating tried, tested and evidence based 2 day workshop, developed by TPC Health (leaders in UK coaching).

**Focus:**

This two day workshop will enable you to understand how person centred coaching can be used in 1:1 conversations and consultations to enhance personalised care. It will support you to use a range of approaches, techniques and practical skills that facilitate more person centred, goal orientated conversations. Person centred coaching sees people as truly resourceful, as an equal, and as the holders of the solutions to the challenges that they face.

**Who is it for?**

The course is provided **free of charge** by Tameside and Glossop Integrated Care NHS Foundation Trust and is open to anyone working or volunteering in Tameside and Glossop who has a 1:1 person facing role. Those with roles in health or social care settings, working in the statutory or voluntary sectors will find it particularly useful, e.g. key workers, nurses, peer supporters, clinicians, social workers, care workers and care co-ordinators, nurses, social prescribers, HCAs, advice and support roles.

**What is Person Centred Coaching?**

Person centred coaching describes many different interventions that ‘coach’ or actively support people to self-care and take control of their lives. It involves a move away from a dependent model to one that is person centred, empowering, and based around a person’s own aspirations and goals. It aims to raise awareness and responsibility of the person for their own health and wellbeing, achieved through a transformation in the practitioner/service user relationship.

Person centred coaching is based on strong provider communication and negotiation skills, informed, service user-defined goals, conscious choices, exploration of the consequences of decisions, & service user accountability for decisions made. Person centred coaching shifts the practitioner’s role to one of facilitator or guide, rather than expert or ‘fixer’.

**Workshop Content**

The programme aims to build on the many skills you already possess in order to enhance the quality of conversations that you have with people through using a person centred coaching approach.

The workshop will be highly experiential with many opportunities to practise skills, share experience, develop relationships and network with others working in Tameside and Glossop. It will cover:

* The foundations of coaching and how coaching can be used
* Principles of behaviour change and use of behavioural health coaching for brief interventions
* Setting effective goals that encourage self care
* Trust and rapport and the implications for behaviour change
* Listening Questioning and Challenging skills
* Encouraging activation and self-responsibility
* The use of motivational interviewing and solution focused coaching

**A Coaching approach encourages people to be resourceful**



* Person is viewed as the expert in their own life
* Person contributes to generating their own solutions
* Decisions made in partnership
* Person believes that they have an active role in their health
* Person is supported to define & measure their own goals
* Focus on intrinsic and extrinsic motivators
* Psychological factors in change are addressed

**Practitioner Person**

**How to register**

Registration for the Spring/Summer 2019 programme is now open. Places are free, but you must be able to attend both days. There are a number of dates available. Please register via Eventbrite

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| **Cohort 1** | **6th June and 13th June**: Highfield Pavilion, Stamford Park, Ashton-under-Lyne    [https://2-day-coaching-6june-and-13june.eventbrite.co.uk](https://2-day-coaching-6june-and-13june.eventbrite.co.uk/) |
| **Cohort 2** | **18th June and 25th June:** Discovery Academy, Hyde  [https://2-day-coaching-18june-and-25june.eventbrite.co.uk](https://2-day-coaching-18june-and-25june.eventbrite.co.uk/) |
| **Cohort 3** | **19th June and 26th June**; Highfield Pavilion, Stamford Park, Ashton-under-Lyne    [https://2-day-coaching-19june-and-26june.eventbrite.co.uk](https://2-day-coaching-19june-and-26june.eventbrite.co.uk/) |
| **Cohort 4** | **1st July and 10th July**: Highfield Pavilion, Stamford Park, Ashton-under-Lyne    [https://2-day-coaching-1july-and-10july.eventbrite.co.uk](https://2-day-coaching-1july-and-10july.eventbrite.co.uk/) |
| **Cohort 5** | **2nd July and 11th July**: Highfield Pavilion, Stamford Park, Ashton-under-Lyne    [https://2-day-coaching-2july-and-11july.eventbrite.co.uk](https://2-day-coaching-2july-and-11july.eventbrite.co.uk/) |
| **Cohort 6** | **3rd July and 12th July**: Highfield Pavilion, Stamford Park, Ashton-under-Lyne    [https://2-day-coaching-3july-and-12july.eventbrite.co.uk](https://2-day-coaching-3july-and-12july.eventbrite.co.uk/) |
| **Cohort 7** | **17th July and 24th July**: Highfield Pavilion, Stamford Park, Ashton-under-Lyne    [https://2-day-coaching-17july-and-24july.eventbrite.co.uk](https://2-day-coaching-17july-and-24july.eventbrite.co.uk/) |
| **Cohort 8** | **18th July and 25th July**: Highfield Pavilion, Stamford Park, Ashton-under-Lyne    [https://2-day-coaching-18july-and-25july.eventbrite.co.uk](https://2-day-coaching-18july-and-25july.eventbrite.co.uk/) |

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