



# **Coaching People with Long Term Health Conditions**

**‘Health Coach’ Coach Development Programme 2022**

# The Programme

The 'Health Coach' Coach Development Programme is a targeted learning and development opportunity aimed at coaches working with participants who have Long Term Health Conditions. The ambition for the programme is to take the coaches on a supported development journey to increase their confidence and competence, empowering them to deliver excellent participant experiences as a result.

The programme provides a blended approach to development, incorporating workshops, reflective sessions, one-to-one support, social learning spaces and access to content over a 16 week programme. The programme will support each coach to improve their knowledge and deepen their experience of working with participants across a range of Long Term Health Conditions.



## **The Purpose of this Coach Development Programme is to:**

1. **Provide structured training and support to both new and experienced coaches to enhance their coaching confidence and competence.**
  2. **Identify and accelerate areas of growth.**
  3. **Enhance the impact of coaching on participant experience, development and well-being.**
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**The programme will cover specific components of great coaching, critical to a coach's development within the Long Term Health Conditions environment. The theory-based workshops are linked to UK Coaching's Coach Learning Framework and include:**

- **Knowing your People**
  - **Behaviour Change Tactics**
  - **Inclusive Activity Practice.**
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## The Delivery

The delivery of the programme will be facilitated by UK Coaching, utilising their team of expert lead tutors and senior coach developers. They will combine technical and practitioner support to provide a variety of tools, expertise and strategies throughout the programme. This blended approach will offer a range of incredible learning opportunities within a supportive and challenging environment.

## Who is the programme aimed at?

The 'Health Coach' Coach Development programme is aimed at:

- **Coaches working with individual or groups of participants with Long Term Health Conditions**
- **Coaches who are committed to their own improvement and excited by the opportunities afforded through involvement in the programme**
- **Coaches who are coaching regularly (weekly fortnightly / programme delivery).**

The successful coaches on the programme will work with an influential other (Coach Developer) and their peers to undertake a blended learning journey consisting of:

- **Theory based workshops**
- **Practice-based in-situ learning**
- **Social Learning Spaces for sense making**
- **Coach Developer Support**
- **Reflective Practice.**

Through the programme each Coach will be expected to:

- **Produce an individual development plan**
- **Attend all workshops and up to three Communities of Practice**
- **Attend sessions with their Coach Developer**
- **Actively contribute to the monitoring and evaluation of the programme.**

# What can a Coach expect from the programme?

- A 16 week programme that is a blend of workshops, Communities of Practice and Coach Developer support
- Minimum of eight hours of Coach Developer time
- 12 months free access to UK Coaching Subscription resources
- Three workshops delivered by subject experts
- Four Communities of Practice facilitated by Coach Developers and UK Coaching staff
- Blended programme of planned learning based around the need of the individual coach
- Access to a network of likeminded coaches.



Should you have a question about any of the above, or if you are interested in applying for the programme, please email your UK Coaching contact:

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