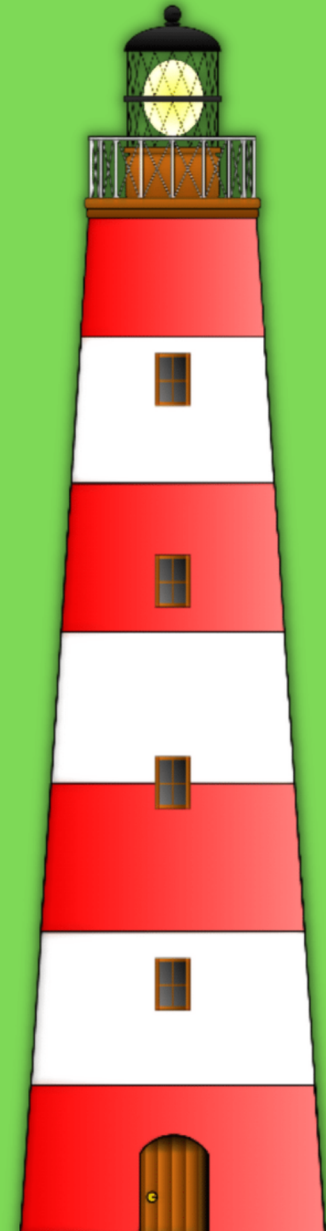


# Health and Wellbeing Coaching



To get the most out of coaching you will:

- want to try to make sustainable changes to your health or wellbeing
- are willing to commit to regular appointments with your coach
- work respectfully and honestly with your coach
- be open to the idea of setting manageable goals and working towards achieving them

In turn your Health and Wellbeing coach will:

- be honest and respectful.
- give you space to speak and try to understand your unique situations.
- work with you to explore what's important
- support you in setting realistic and sustainable goals for now and into the future.
- help you to identify your strengths
- work with you to identify and navigate barriers or life challenges
- encourage you to acknowledge your successes and achievements

## How can I refer?

You can be referred directly by someone from your GP practice, or you can call our office to check if we work with your GP surgery and make a self referral by phone on 01752 203 673

After referral, a member of our team will contact you to arrange an assessment appointment. The appointment can last up to an hour.

You will have up to 6 appointments with your Health and Wellbeing Coach where you will work towards your goals, reviewing your progress and achievements along the way. We will be alongside you as you start on your journey to a healthier, happier you.

In order for you to have the greatest outcomes it is important that you are able to regularly meet with your Health and Wellbeing Coach and so if you are unable to make more than 1 appointment, your referral will be closed.



The GROW Model



NHS  
Northern, Eastern and Western Devon  
Clinical Commissioning Group



Healthy Futures is delivered by the Wolseley Community Economic Development Trust and is jointly funded and supported by the Primary Care Network your practice is part of, New Devon CCG, Plymouth City Council and Department of Health.

Registered Address: Unit 3, Wolseley Business Park,  
Wolseley Close, Plymouth, PL2 3BY

## What is a Health and Wellbeing Coach

Health and Wellbeing coaches are experts in behavior change who can help empower individuals to take control of their health through a person-centered, non-directive approach. They work with people managing physical and mental health conditions, focusing on lifestyle changes and self-management to improve outcomes.



A Health and Wellbeing Coach can work with you to:

- think about what is important to you, what you want to get out of life, and where you would like to make changes.
- set achievable goals based on what you feel will improve your health and wellbeing.
- help you to recognise the skills and strengths you have, which may assist you in overcoming the barriers stopping you achieving your goals.
- work towards becoming more confident in yourself and your ability to handle the challenges life can bring.

## What can a Health and Wellbeing Coach do for you?

A health and wellbeing coach will work with you over multiple sessions, to support with setting goals and taking steps to improve your wellbeing. This could be better managing a health condition, making positive and sustainable changes to your lifestyle or simply finding a way to do more of the things you enjoy. We will coach you to recognise the things that are getting in the way of a healthy and happy life and work with you to try and overcome these barriers.

**Through health coaching, you can feel more empowered to take control of your health and wellbeing, because you are the expert in your own health & wellbeing.**

