

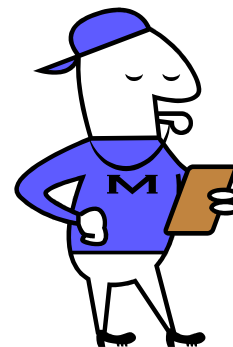


Introductory Health Coaching Seminar

The Heart Foundation, in collaboration with the NSW Cardiac Rehabilitation Association and the Australasian Cardiovascular Nursing College is proud to present an introductory seminar on Health Coaching for health professionals working with patients on health related behavioural change.

What is Health Coaching ?

Health Coaching brings together a range of evidence-based behaviour change strategies which can assist health professionals and patients work together to achieve their health goals. These strategies seek to leverage a patient's strengths and increase their motivation and ability to reduce lifestyle risk factors and adhere to recommended treatment regimens for chronic disease prevention or self-management



What does this seminar cover?

This two hour seminar will focus particularly on the management of cardiovascular health, but is equally suitable for those working with diabetes, obesity and other conditions requiring self management. The seminar aims to:

- Discuss the process of behaviour change and explain why people often find it difficult to change
- Introduce core evidence-based strategies which inform health coaching practice, including motivational interviewing, goal setting, action planning, CBT, solution-focused interviewing, learning and conditioning, self monitoring and relapse prevention.
- Explain how these can be applied in health settings

The seminar is intended as an introduction to these ideas only, and opportunities for further training will be discussed on the evening.

Who will be running the seminar?

The facilitators of the evening are Lara Keogh and Kerrie Goldston. Both are Clinical Psychologists who have worked extensively with patients with chronic diseases, including those reluctant or struggling to make the required behaviour changes.

How much does it cost?

The seminar is provided free of charge by the Heart Foundation. Refreshments are kindly sponsored by Pfizer.

What are the program details?

Date: Thursday 22 October

Time: 6pm – 7pm – Refreshments and social interaction. 7pm – 9pm – Seminar

Venue: ANZAC Research Institute, Concord Hospital (*See attached map and travel info*)

How do I register? Please complete the attached registration form and email to Natalie Coutet at the Heart Foundation on Natalie.Coutet@heartfoundation.org.au