



Health Coaching Series: The Power of the Patient

May 28, 2015

Health Coaching 101

Edwin W. Monroe AHEC Conference Center

June 10, 2015

Coaching for Weight Management

Webinar

June 17, 2015

Coaching for Smoking Cessation

Webinar



THE UNIVERSITY OF NORTH CAROLINA
GREENSBORO

Health Coaching
Programs

Health Coaching Series: The Power of the Patient

May 28, 2015

Health Coaching 101

ABOUT THE SESSION:

The lifestyles and behaviors of our patients and clients are becoming an important focus for prevention efforts. Health Coaching is one approach that can be used to help clients set and achieve their own health-related goals for behavior change. Health Coaching utilizes various techniques and communication skills to facilitate the process of change for clients.

Explore the what, why and how of health coaching and learn skills that promote behavior change and improve health outcomes with clients. Whether you are a practitioner in a medical practice, a community health worker, case manager, substance abuse counselor or health educator, you can adopt the coaching spirit to build significant relationships with your clients. You will practice effective health coaching skills that help clients become more self-aware and motivated to change or to adopt a new lifestyle.

OBJECTIVES:

- **Describe** how and why coaching focuses on client language during the coaching interaction
- **Demonstrate** proficiency in active and reflective listening skills through mock health coaching simulations
- **Become skilled** in the use of language, listening, and composure as a means to inspire and motivate clients to make health generating changes
- **Utilize** key health coaching strategies and tools that help clients reach their health goals through facilitated health coaching activities

AGENDA:

8:00 am	REGISTRATION
8:30 am	Welcome & Opening Remarks
8:45 am	Client-centered Partnership for Behavior Change
10:15 am	BREAK
10:30 am	The Coaching Approach for Self-Care Management
12:15 pm	LUNCH (on your own)
1:30 pm	Health Coaching Skills and Strategies
3:00 pm	BREAK
3:15 pm	More Skills & Strategies
4:15 pm	Implications for Your Practice
4:30 pm	ADJOURNMENT

Please bring a sweater or jacket to ensure your comfort.

June 10, 2015

Coaching for Weight Management (webinar)

ABOUT THE SESSION:

As obesity rates continue to rise, the topic of weight management is becoming more common among patients and clients. Throughout this webinar, we will discuss some of the common techniques used by health coaches when working with clients who are striving for better weight management. The health coaching techniques that will be of particular focus in this webinar include facilitating the goal setting process.

OBJECTIVES:

- **Describe** health coaching and its benefits in the context of weight management
- **Explore** tools to support coaches when addressing patient ambivalence, goal setting, and adherence
- **Examine** resources and coaching tools such as mindfulness and connectedness for self-management through case studies and real-world examples from practicing health coaches

June 17, 2015

Coaching for Smoking Cessation (webinar)

ABOUT THE SESSION:

Smoking increases the risk of developing many different health conditions such as lung cancer, heart disease, stroke, and COPD. However, quitting is not always an easy feat. Throughout this webinar, we will discuss Health Coaching and how it can make an impact on clients' smoking cessation. The health coaching techniques that will be of particular focus in this webinar include guiding clients through planning for and holding themselves accountable to change.

OBJECTIVES:

- **Describe** health coaching and its benefits in the context of smoking cessation
- **Explore** tools to support coaches when addressing patient ambivalence, goal setting, and adherence
- **Examine** resources and coaching tools such as mindfulness and connectedness for self-management through case studies and real-world examples from practicing health coaches

Health Coaching Series: The Power of the Patient

ABOUT THE FACULTY:

Carol Lucas, MPH, RN, CHC, is a certified Health and Wellness coach and has a BSN from Vanderbilt University and an MPH from UNCG. Her nursing experience includes clinical, school and workplace settings. She is currently an AP Assistant Professor at UNCG in the department of Public Health Education and a personal health coach.

Regina McCoy, MPH, MCHES, CHC, is a Professor in the Department of Public Health Education at UNCG. Her scholarship is in community based participatory research (CBPR) with an emphasis on issues that impact the health of mothers, emerging youth, and minority populations. Regina is currently Director of Undergraduate Studies and teaches courses in Community Health Assessment, Peer Health Education, Human Sexuality, and professional preparation courses for health education majors. She is a Master Certified Health Education Specialist (MCHES) through the National Commission for Health Education Credentialing and a Certified Health & Wellness Coach.

GracieLee Weaver, MPH, CHC, is a graduate assistant and doctoral student in the department of public health education at the University of North Carolina at Greensboro. She formally worked as a program coordinator for the Board Certified Coach (BCC) credential at the Center for Credentialing & Education. GracieLee is currently coaching clients through HealthyUNCG, a wellness program for UNCG employees.

TARGET AUDIENCE:

Practitioners, nurses, counselors, health educators, community health workers, lay health advisors, and anyone who would like a motivational and productive relationship with patients.

PROGRAM LOCATION:

The **May 28, 2015** program will be held at the Edwin W. Monroe AHEC Conference Center located on Venture Tower Drive in Greenville, NC. **Parking is available in the lots marked Monroe Conference Center Parking Only (two rows in front of the building and in the lot located to the right of the building).**

Maps at http://eahec.ecu.edu/map_directions.cfm

QUESTIONS:

For more information, contact EAHEC Department of Public Health Education at 252-744-5205 or bullockamy@ecu.edu.

AMERICANS WITH DISABILITIES ACT



Individuals with disabilities, requesting accommodations under the Americans with Disabilities Act (ADA), should contact the Department of Disability Support Services at (252) 737-1016 (V/TTY).

CREDIT:

Credit will be awarded for each program for a possible of 8.0 hours of continuing professional development.
(6.0 hours for May 28; 1.0 hour for June 10; and 1.0 hour for June 17)

Certified Health Education Specialist (CHES): The NC AHEC Program or Eastern AHEC is a designated provider of continuing education contact hours (CHEC) in Health Education by the National Commission for Health Education Credentialing, Inc. This program is designated for the Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 8.0 total Category I continuing education hours.

Contact Hours: Certificates reflecting up to 8.0 contact hours of education will be awarded at the completion of each program.

Credit for Nurses: Certificates reflecting up to 8.0 contact hours of education will be awarded at the completion of each program.

Substance Abuse Counselor Certificate (SAC):

Coaching for Smoking Cessation (webinar): The North Carolina Substance Abuse Professional Practice Board has approved this program for up to 1.0 Substance Abuse Specific hours (ND).

Health Coaching 101 (face-to-face): The North Carolina Substance Abuse Professional Practice Board has approved this program for up to 6.0 General Skills Building hours.

Coaching for Weight Management (webinar): The North Carolina Substance Abuse Professional Practice Board has approved this program for up to 1.0 General Skills Building hours.

REGISTRATION INFORMATION:

Online registration is available at <http://eahec.ecu.edu>.

May 28 Health Coaching 101.....\$150 by May 21
\$175 after May 21

June 10 Coaching for Weight Management (webinar).....\$50

June 17 Coaching for Smoking Cessation (webinar).....\$50

SAVE \$45 and register for the WHOLE SERIES.....\$205

The registration fee includes credit, refreshments, and the program materials. Participants are encouraged to take advantage of the reduced registration fee by registering BEFORE the ONE WEEK EARLY cut off period. If you register early and must subsequently cancel, a full refund will be made up to **ONE WEEK PRIOR** to the course. No refunds will be made thereafter, but a substitute may attend. **NOTE:** If you register, do not attend, and do not cancel by **ONE WEEK PRIOR** to the course, you or your agency **will be billed** for the full amount for the registration fee.

Participants who pay with a credit card may fax their completed registration form to (252)744-5229. Those paying with check (made payable to Eastern AHEC) should mail the completed registration form and check to:

Eastern AHEC, Attn: Registration
PO Box 7224
Greenville, NC 27835-7224

Health Coaching Series: The Power of the Patient

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Register online at <http://eahec.ecu.edu>

Last Name _____
First Name _____ Middle Initial _____
Last 4 digits of Soc. Sec. # XXX-XX-□□□□
Discipline (check one) Allied Health Dentistry Health Careers Medicine
 Mental Health Nursing Pharmacy Public Health Other
Specialties _____
Degrees/Certifications/License _____
Mail goes to Home Office or by E-mail

Workplace

Employer _____
Department _____ Position: _____
Street/PO Box _____
City _____ State _____ Zip _____
Phone _____ Email _____

Home

Street/PO Box _____
City _____ State _____ Zip _____
Phone _____ Email _____

- Health Coaching 101
May 28 (A46183).....\$150 by May 21.....\$175 after May 21
- Coaching for Weight Management (webinar)
June 10 (A46184)..... \$50
- Coaching for Smoking Cessation (webinar)
June 17 (A46185).....\$50
- All three sessions
(A46183, A46184, A46185).....\$205

FOR EAHEC USE ONLY:

Amount Enclosed/Paid: _____ Date: _____

Agency Check Personal Check Cash Credit Card

METHOD OF PAYMENT:

Charge \$ _____ to VISA MasterCard AmEx Discover
Account No. □□□□ □□□□ □□□□ □□□□
Exp. Date _____ Security Code (last 3 digits from back of card) □□□
Signature _____
Billing Address _____
City _____ State _____ Zip _____