

Foundations of Health Coaching: Course Agenda

Day	Time	Modules	Module Topics
1 (10 June)	8.30 am - 6:00 pm	What is Health Coaching?	<ul style="list-style-type: none"> • What is Health Coaching • Role of a health coach • Distinguishing health coaching from other professions
		Benefits of Health Coaching	<ul style="list-style-type: none"> • What is patient-centered care • Benefits to patients & providers • Shared Decision Making • Video demonstration •
		Core Competencies of Health Coaching	<ul style="list-style-type: none"> • Core coaching competencies & skills • Building trust & rapport
		Behavior Change & Motivation Part 1	<ul style="list-style-type: none"> • Neuroscience of behavioral change • Key components of behavior change • Transtheoretical model of change
2 (11 June)	8.30 am - 6:00 pm	Behavior Change & Motivation Part 2	<ul style="list-style-type: none"> • Intrinsic & Extrinsic motivation • Principles of motivational interviewing (OARS + autonomy, empathy) • Case scenario discussion & role play discussion
		Goal Setting	<ul style="list-style-type: none"> • 4 Stages of activation • 4 Cs of change (capacity, capability, confidence, commitment) • Setting SMART goals • Use of scales
		Putting it into Practice	<ul style="list-style-type: none"> • Use of survey tools • Measures of success • Local case studies + lessons learned
		Assessment	<ul style="list-style-type: none"> • 20 MCQ questions: 80% to pass