**Lesson Plan for Skills Training in Health Coaching**

Supervised Field Training (14 hours)

* Participants will be assigned to shadow on of the trainers to observe how they conduct health coaching sessions in NUH.
* Participants are required to sign up for 3 half day slots (at least 1 morning and 1 afternoon slot).

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| **Day** | **Hours** | **Objectives** | **Location/Trainers** |
| 1 | 5 | 1. Learn how health coaching is carried out in an inpatient hospital setting.
2. Describe the role of health coaches in a hospital.
3. Explain the boundaries and expectations of a coaching relationship with patients.
4. Demonstrate rapport building through active listening, reflections, and checking for understanding.
5. Describe the epidemiology and risk factors for common chronic diseases.
 | NUH/ Ms. Margaret Choong, Ms. Sui Hui Ching, Ms. Harjit Kaur, Mr. Clement Lim |
| 2 | 5 | 1. Learn how health coaching is carried out in an outpatient hospital setting.
2. Explain the benefits of health coaching to patients.
3. Demonstrate the use of open and effective questioning with patients.
4. Learn how to tailor your approach to work with diverse patient populations.
5. Explain the role of macronutrients (carbohydrates, proteins, fats) in health.
6. Explain the health benefits of regular physical activity and describe the components of fitness.
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| 3 | 4 | 1. Learn how health coaching is conducted over tele-consultation.
2. Understand how the use of scales or tools can help patients with meaningful goal setting.
3. Demonstrate proper documentation of health coaching sessions.
4. Describe the common physical, cognitive and psychosocial changes associated with ageing.
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| Total | 14hrs  |  |  |
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Practical Training (12 hours)

* Participants to source for their own clients to conduct health coaching sessions for.
* 1 health coaching session = 1hour
* Each participant will be assigned to 1 trainer for supervision and assessment.
* All health coaching sessions and assessment must be completed within 6 months.
* Health coaching sessions can be conducted either face-to-face or over zoom.
* The no. of clients may vary per participant, as long as a total of 12 hours of coaching are achieved.

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| **Hours** | **Clients**  | **Sessions**  | **Objectives**  | **Trainers** |
| 10 | ≥3 | 10 | 1. Apply health coaching skills to manage conversations with clients.
2. Demonstrate the establishment of a trusting and respectful partnership with clients.
3. Display the ability to facilitate goal setting and change processes.
4. Apply the concepts of motivational interviewing to help clients optimize their health and wellbeing.
5. Empower clients to set SMART goals and develop personalized action plans.
6. Support sustainable behavioral change and manage client setbacks and obstacles encountered.
 | Ms. Margaret Choong, Ms. Sui Hui Ching, Ms. Harjit Kaur, Mr. Clement Lim |
| 2 | 2 | 2 | 1. Supervision of 2 live health coaching sessions to provide support and guidance.
2. Feedback provided to help improve coaching skills and effectiveness.
3. Facilitate reflection on the participants’ strengths, areas for improvement, and biases.
4. Use core coaching competencies to manage conversations with patients and enable them to develop their own health goals
 | Ms. Margaret Choong, Ms. Sui Hui Ching, Ms. Harjit Kaur, Mr. Clement Lim |
| 1 | 1 | 1 | 1. \*Assessment of 1 live health coaching session to ensure that participants demonstrate at least 80% coaching competency during their session.
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| Total | 12hrs |  | (Excluding assessment time) |  |

\*Make-up assessment can be arranged.