



Self-Management Health Coach Program

The Self-Management Health Coach Program is a telephone-based coaching program to support people living with chronic conditions to become better self-managers. Health Coaches connect with participants by telephone, once a week for 30 minutes, for a period of three months. Coaching can be extended for another 3 months upon a mutual agreement between all parties.

Through this contact Health Coaches can support participants who would like to:

- Choose goals and actions they want to take to better manage their health
- Identify and problem-solve barriers to being healthier
- Become more self-confident
- Be motivated to initiate and maintain health-behavior changes.

Health Coaches provide a dimension of support that complements and enhances professional health care; they do not provide medical or clinical advice or treatment.

Who are the Health Coaches?

Health Coaches are volunteers from all walks of life who share a passion for giving back to the community. Coaches may have chronic conditions or have loved ones living with chronic conditions, and have a keen interest in working with people living with chronic conditions. They have successfully completed a two-day training on coach skills and self-management strategies.

During the coaching period, Health Coaches will receive regular support from the Program Coordinator and will be invited to attend educational updates on major chronic health conditions.

Who are the participants?

Participants are adults of all ages who are experiencing difficulty in managing their health. For many people coping with chronic health conditions can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, activity limitation, depression and anxiety about the future are common. They may benefit from having the extra support person in the form of a Health Coach to face the daily challenges of living with chronic conditions.

What is the coaching process?

- Interested participants connect with us, we discuss the program and their health goal
- Health Coaches and participants are paired up and the first call is agreed on by all parties
- Health Coaches are always the one to telephone the participants
- Calls are approximately 30 minutes, each week for approximately 3 months with a possible extension with the program for a further three months

Testimonials

By Participants:	By Coaches:
<i>"She was able to point out where I was making what seemed small improvements and things worth noting. Seeing at the end of it all, seeing how far I'd come. And helping me recognize that."</i>	<i>"I encourage her to come up with solutions instead of just staying with the problems so she comes up with her own solutions to her questions or problems."</i>
<i>"..there was never any judgement whatsoever...which is huge in my life. I've been through a lot of judgement but there's none coming from the coach whatsoever. It was all about let's try to work towards a solution. Let's not have you thrown down because of the problem."</i>	<i>"Medical issues are complex but it's not my job to fix them. I discourage him from asking me medical questions, I am not a health professional, but we do discuss how he can approach his health care team with those questions."</i>

Interested in becoming a Health Coach?

We will be holding trainings in select communities across the province and would ask you to contact us for details of the next training in your area.

Interested in being paired with a Coach?

Please go to our website, scroll down to **HEALTH COACH PROGRAM** and follow the link to add your name to our waitlist to be assigned a coach. We will follow up with you to discuss the process of pairing you with a coach.

**For more information about the
Self-Management Health Coach Program
or other community based group programs contact:**

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Self-Management BC is supported by the Province of British Columbia