




# Health and Wellbeing Coaching

## Supporting you to improve your health

Health and Wellbeing Coaching is here to support and empower you in improving your own health and wellbeing. Your health coach will work in partnership with you to guide you every step of the way to make healthier lifestyle choices.

 [www.enablelc.org/healthwellbeingcoaching](http://www.enablelc.org/healthwellbeingcoaching)

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Health and Wellbeing coaching is here to support everyone however, you may benefit from seeing a health and wellbeing coach if you:

- Are looking for support surrounding your health and wellbeing
- Would like support with a long-term health condition whether that be new or existing
- Would like to make changes in areas such as diet, physical activity, exercise, sleep or stress.



## How do I access a Health and Wellbeing Coach?

You can access a Health and Wellbeing Coach if you are at a registered GP practice through either your clinician or a link worker within the practice.

## What will the sessions involve?

Your coach will work with you to understand what your health and wellbeing goals are and together you can decide a focus on which areas you would like to discuss. You will be offered a set number of sessions that you would like to have with your coach which can be adapted at any time.


Over the course of the sessions with your coach you will explore why you would like to change your behaviours. You will discuss what matters to you most and discover how you would like to reach your goals based on your lifestyle and values.

During your follow up sessions you will be able to review your goals with your coach and discuss your progression. This may include creating new action plans as well as discussing any barriers you have faced. We also provide follow-up calls at six and twelve months to see how you are getting on with your new and improved behaviours.



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