

## Health and Wellbeing Coaching

Health and Wellbeing Coaches support patients to become active participants in their own care. We will explore options with you to work towards self-identified, health related goals around sustainable lifestyle changes.

Coaching conversations focus on YOU, your lifestyle, your support network, strengths, values, goals and current barriers to change. A health coaches' role is **not to give advice**, but to **help you find your own solutions**. Nonetheless, we may provide information as appropriate on discussion topics, services or groups that might be beneficial to you.



## **Logistics**

- Your HWBC will inform you of when and where your session is being conducted.
- This free service can be face-face or remote/telephone and will include upto 6 sessions as needed. Initial sessions are 45 minutes and follow up sessions are 20-30 minutes.
- There will be upto 6 appointments available as needed.
- If you need to cancel your session, please inform your coach or GP practice as soon as possible.
- If you want to stop coaching, this can be done at any time, please ensure you inform us of this.
- Missed appointment policy: If you miss your appointment, your HWBC will attempt to contact you.
- Please make sure you contact your coach or practice if you are unable to attend your appointment.
- You can be re-referred after one year.

## **Confidentiality**

- Your coach will document your notes within your medical records from your sessions.
- Your coach will not disclose any information to a third party without your consent.
- Any information obtained for data collection will be completely anonymised, unless specified otherwise and consent is provided from you for this.
- Your coach will maintain confidentiality around discussions during your appointment, unless you present as a risk to yourself or others, in line with safeguarding guidance, NHS and GDPR (2018). In this instance, relevant services will be contacted and you would be made aware of this by your HWBC.