

Tips for Setting up a Health Coaching Network:

The following tips and topics are to assist health professionals trained in Introductory to Health Coaching Workshop to set up a Network to support on going implementation of health coaching into usual care. The Network is an opportunity for staff to build confidence in applying health coaching techniques and share their learning's.

Points to consider:

1. Need Senior Management to support the Network
2. Need Team Leaders to support their staff to attend Network meetings
3. Need a Policy or Strategy supporting the training
4. Guidelines/agreement of what is expect after the training:
 - a. Integrate into practice
 - b. Review practice regularly
5. Have a person responsible to driving the network (part of their Position Description)
6. Developed Terms of Reference (GV Health version available on website)
7. Clear purpose of the network
8. Set meeting dates in advance
9. At the first meeting brainstorm what support staff need and what they want to get out of the Network
10. Survey staff pre Network and 12 months later to evaluate the effectiveness of network and report findings to management
11. Sign up to Kinect Australian Health Coaching Network
12. Laminate 10 step flow chart and have in client room, kit etc
13. When documenting appt, document which health coaching techniques used and RIC scores.
14. Update training with a consolidation workshop
15. If including self management support as part of Network
 - a. Increase staff knowledge of the Chronic Care Model (Wagner)
 - b. Increase staff knowledge of the Core Competencies for self management support

Topics suggestions:

- Agenda setting or ask them what is there main concern or issue at the moment.
- Ask RIC (Readiness, Importance, Confidence)
- GROW – generating goal options
- Goal setting and action planning
- Behaviors, Emotions, Situations and Thoughts (BEST) barriers
- Practice tools together – Decision Balance, ANTS into PETS
- Review conversation style “yes, but”
- Invite client to do the writing, have pens and paper as normal part of appointment
- Review current forms, tools and assessments to include Health Coaching prompts
- Present case studies of how clinician have used health coaching as part of their usual practice
- Think about current care plans, do they reflect health coaching principals

If you would like to discuss any of these points further or to add ideas to this document please contact Tracey.Forster@gvhealth.org.au