

## Handout: Health coaching

### What does a coach do?

Have a look at this list and put a tick beside the items you think top coaches do and put a cross next to the items you think top coaches don't do.

No.	Statement	✓	X
1	Have a plan for what the coach is going to do		
2	Listen to the players in their team		
3	Listen to everyone in the coaching team e.g. assistant coaches, skills coaches and medical staff		
4	Go on the field/court to score goals		
5	Develop a plan with each player about improving their skills		
6	Help the players feel proud of what they achieve		
7	Work out what happens when things go wrong		
8	Keep on doing the same thing over and over again		
9	Get other people to help them coach e.g. assistant coaches and skills coaches		
10	Recognise when a player has a problem and yell at them		
11	Are available if their players want to talk to them		
12	Put players in touch with other people who can help them		
13	Ignore players' families		
14	Help the players to think of their future when they stop playing sport		
15	Speak up for players when someone criticises them		

## How is health coaching like sports coaching?

Sports coaching skills	Health coaching skills
Used with players	Mainly used with people with long-term conditions (LTCs)
Support players to develop skills and achieve their goals.	Support people with LTCs to work out what is important to them and achieve their goals.
Support players to follow game plan.	Support people to do things for themselves.
Support players to problem-solve and make decisions during the game.	Support people with LTCs to manage situations in their day-to-day lives.
Support players to change behaviours to achieve their goals.	Support people with LTCs to change behaviours to achieve their goals.
Support players to understand what they need to do and why.	Support people to understand why something is important for their LTCs.



Adapted from:

Katigbak, C., Van Devanter, N., Islam, N., & Trinh-Shevrin, C., Partners in Health (2015). *A Conceptual Framework for the Role of Community Health Workers in Facilitating Patients' Adoption of Healthy Behaviors*. American Journal of Public Health. J Public Health. 105(5):872-80. doi: 10.2105/AJPH.2014.302411

Thom, D.H., Wolf, J., Gardner, H., DeVore, D., Lin, M., Ma, A., Ibarra-Castor, A., & Saba, C (2016). A qualitative study of how health coaches support patients in making health-related decisions and behavioral changes. *Ann Fam Med*. 14(6):509–516.

## Evaluation Activity

Have a look at this list and put a tick beside the items you think people using health coaching skills do and put a cross next to the items you think people using health coaching skills don't do.

No.	Statement	✓	X
1	Make people with LTCs feel bad if they don't do something well		
2	Understand what is important to the person with LTCs		
3	Tell the person with LTCs what to do all the time		
4	Think they know better than the person with LTCs		
5	Understand when the person with LTCs is upset or stressed by something at home		
6	Recognise when a person with LTCs has a problem and solve the problem for the person		
7	Recognise when a person with LTCs has a problem and help the person to solve their problem themselves		
8	Want the best for all their people with LTCs		
9	Use fear to motivate people with LTCs		
10	Help people with LTCs to prioritise things		
11	Think it is their job to motivate people with LTCs all the time		
12	Use praise to motivate people with LTCs		
13	Know that people with LTCs make their own decisions		
14	Understand that all people with LTCs are different and need different approaches		
15	Give positive feedback about what people with LTCs need to do to improve		