



HEALTH BEHAVIOUR CHANGE GUIDANCE AND COACHING STRATEGIES: LIFESTYLE

Provide health professionals with the knowledge, skills & tools to guide patients/clients towards changes in health & lifestyle behaviours that impact on health and disease risk

1. OVERVIEW AND LEARNING OUTCOMES

This course is intended to provide participants with the following education outcomes:

1. Define the role of coaching
 2. Describe and provide a positive coaching environment
 3. Implement effective communication skills
 4. Display positive and encouraging body Language
 5. Explain and practice effective listening skills
 6. Explain the concept of Empathy
 7. Display an understanding of client perceptions
 8. Demonstrate implementation of Wellness Wheel
 9. Set SMART goals
 10. Explain the stages of change
 11. Demonstrate strategies for guiding a client through stages of change
 12. Display practical application of coaching conversations
 13. Apply health behavior change tools at all stages of the change process
- *This course caters for the need for continuing education of the large and diverse health industry sector*
 - *This course caters for the overlap in the education of community members about health*
 - *This course impacts on the ability to provide a service to positively impact on client's physical and mental health through health behaviour change guidance*
 - *This course describes the performance outcomes, skills and knowledge required to discuss and guide patients/clients towards adopting healthy lifestyle behaviours in the health setting*
 - *The unit applies to the continuing education requirements of health professionals as governed by national and State level accreditation bodies.*

2. COURSE STRUCTURE

Course rules															
Course structure	<p>To achieve completion of the Health Behaviour Change Guidance and Coaching Strategies: Lifestyle Course, the learner must complete three key sections.</p> <p>Course Code: HBCL01: <i>Provide health professionals with the knowledge, skills & tools to guide patients/clients towards changes in health & lifestyle behaviours that impact on health and disease risk</i></p> <ol style="list-style-type: none"> 1. HBCLCOM01: Define the role of coaching and demonstrate empathetic communication skills 2. HBCLWWT02: Demonstrate implementation of the Wellness Wheel tool and apply coaching strategies 3. HBCLCHAN03: Demonstrate implementation of strategies for change through all stages of the process and apply effective coaching conversations <table border="1"> <thead> <tr> <th>Unit code</th> <th>Unit title</th> <th>Pre-requisite</th> <th>Nominal hours</th> </tr> </thead> <tbody> <tr> <td>HBCL01:</td> <td><i>Provide health professionals with the knowledge, skills & tools to guide patients/clients towards changes in health & lifestyle behaviours that impact on health and disease risk</i></td> <td>na</td> <td>30-50</td> </tr> <tr> <td colspan="3" style="text-align: right;">Total nominal hours</td> <td>30-50</td> </tr> </tbody> </table> <p>As the course is delivered online, it caters for the need for flexible study patterns and intermittent study capabilities. Participants have up to 6 months to complete the course requirements. Online access ensures equity of access for those in remote areas, those on shift work and those with other barriers to face to face course attendance (those with young families, single parents, physical disabilities, transport etc)</p> <p>Enrolment includes access to all course resources for a period of 6 months. It is generally expected that participant will study in 1-2 hour blocks at intermittent time frames, however, the course can be completely self-paced and completed in longer study blocks.</p>			Unit code	Unit title	Pre-requisite	Nominal hours	HBCL01:	<i>Provide health professionals with the knowledge, skills & tools to guide patients/clients towards changes in health & lifestyle behaviours that impact on health and disease risk</i>	na	30-50	Total nominal hours			30-50
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3. FORMAT AND LEARNING TOOLS

Each section consists of learning materials that include online videos demonstrating application of learning principles, online power point lectures, online course manual, links to further reading/research, activities to complete and quizzes.

Completing the subjects in order will provide a logical progression through this module.

This course consists of the following learning tools:

Online Lectures

There is one online presentation for each section of this course. These presentations cover important information about each of the topics and are presented by our health/medical industry health behavior change specialist. Please view the presentations in the provided order and then read the supporting notes in your manual before progressing to the next topic. The presentation slides can be downloaded and printed. Upon request, presentation scripts can be provided.

Notes/Workbook

The manual is delivered in three parts and provides comprehensive information on each of the sections. These should be read in full prior to viewing the relevant lecture presentation and accompanying video.

Additional Readings

The notes provide links to readings and websites that display further information on important and supportive topics covered in this module. The resources are also provided as PDFs where possible.

These are located in the resource list for each section of the module. **All additional readings/articles and website links provided must be observed and read. This is part of the learning component of the course and it is expected that students complete these tasks.**

Online videos

There are two video presentations within this course. These present role play case scenarios to provide you with an opportunity to observe coaching principles and strategies in action. The presenter will direct learners towards completing certain tasks upon viewing the presentations.

Online Assessments

Assessments consist of multiple choice/true and false questions and case study scenarios. All assessments are linked to learning outcomes and must be submitted online upon completion of the course.

4. Learning Outcomes mapped to Course Topics/Sections:

Section	Learning Outcome	Topic
PART ONE COACHING AND COMMUNICATION SKILLS	Define the role of coaching	Introduction Collaboration Role of Coach Expert Practitioner versus The Coach Operating as part of a team
	Describe and provide a positive coaching environment	The Coaching Process Setting the Scene
	Implement effective communication skills	Empathy for the Client Being Present Communication Skills
	Display positive and encouraging body Language	Positive Body Language
	Explain and Practice effective Listening skills	Empathetic Listening Skills Reflective Listening Mindful Listening
	Explain the concept of Empathy	Empathy for the Client Empathetic Listening Skills
PART TWO PRACTICAL TOOLS FOR HEALTH BEHAVIOUR CHANGE GUIDANCE	Display an understanding of client perceptions	Perception
	Demonstrate implementation of Wellness Wheel and coaching strategies	The Wellness Wheel Creating a Vision Sense of Purpose Determining Strengths Ability versus Challenge Obstacles and Barriers
PART THREE GUIDING CLIENTS THROUGH STAGES OF CHANGE: IMPLEMENTATION OF STRATEGIES AND TOOLS	Set SMART Goals	Making a case for change – personal goal setting Willpower Positive Psychology Goal Setting
	Explain the Stages of Change	Assessment of Readiness to Change Stage 1: Pre Contemplation Stage 2: Contemplation Stage 3: Preparation Stage 4: Action Stage 5: Maintenance
	Demonstrate strategies for guiding a client through stages of change	Motivational Interviewing Assessment of Readiness to Change
	Display Practical Application of coaching conversations	Conducting a Coaching Session Tools for Coaching Food and Nutrition Behaviour Change – generic

5. COURSE FEES

Full course: AU\$295.00

6. POLICIES & PROCEDURES

Health Coaches International focuses on optimal service to students. Please refer to our Student Handbook for full information on all our policies and procedures. We also encourage you to discuss any issues that can improve your educational experience as soon as you need to. Being a small team, we have the flexibility and openness to assist you in any way possible.

7. ENROLMENT

Enrolments are to be made online through www.healthcoachesinternational.com.au or by using the enrolment form provided and payment is required by credit card (secure pay). Upon payment, you will be sent login details to access full course resources. Your access is for 6 months. You will be able to start immediately and finish at your own pace.

8. SECURITY

Upon enrolment, a student login and secure password is allocated along with guided instructions on how to navigate the online course and access all resources. Student online activity remains private and there is no publication or sharing of participant's email or contact details. Any interactions are handled through the course portal between FSA management and the specific student. No third party sharing of any details related to participants is entered into.

9. ASSESSMENT PROCEDURE:

1. The assessments are due for submission within 6 months of enrolment
2. Failure to submit assessments within the requirement time will lead to annulment of the enrolment
3. The completed assessments will be marked and returned to you with feedback to assist your learning.
4. If competent, your certificate will be issued within 5 Business days
5. If assessed as not-yet competent, you will be provided one opportunity to re-submit your answers within 60 days (guidelines and assistance will be provided)
6. Support – if a resubmission is required, the course lecturer will discuss areas for revision and provide you with guidance
7. If the re-submission is unsuccessful, a meeting will be required with the course coordinator to ascertain action required

10. CERTIFICATE

Upon successful completion of all assessment tasks, you will receive feedback along with your Certificate of Completion of the Health Behaviour Change Guidance and Coaching Strategies: Lifestyle Course. The certificate will clearly display the professional development points applicable.

11. SUPPORT:

If you have any questions about this module at any time please contact the Food Studies course coordinator or tutor as per below. Emails are the best method of communication and will be responded to promptly.

[HEALTH COACHES INTERNATIONAL](#)

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