

## ACTIVE LIFESTYLE COACHING COURSE: HEALTH CHAMPIONS™ PROGRAM

### Organization details:

Name of Organization	HEALTH COACHES INTERNATIONAL
Mailing Address	PO BOX 528, PORT MELBOURNE 3207
Website	<a href="http://WWW.HEALTHCOACHESINTERNATIONAL.COM">WWW.HEALTHCOACHESINTERNATIONAL.COM</a>
Telephone Number	1300 845 990

### Organization Description:

#### Our Vision

We strive to bridge the gaps in community health by building a Health Coach workforce that partners with every sector of the health industry for a more connected and cohesive healthcare system that enables individuals to feel they are a member of their own health team.

#### Health Champion Definition:

A Health Champion™ partners with patients and groups with cardiovascular disease or risk factors to explore how factors promoting personal health can be optimised for sustained health outcomes.

A Health Champion / Healthcare Coach is:

- *A confidential sounding board who puts the patient at the centre*
- *A skilled listener who creates the space for patients to build the awareness they need to strive for health goals*
- *A curious partner who untaps all aspects of the patient that influences their behaviour and thoughts related to health*

Heart Health Champions support:

Self Compassion→	Self Empowerment→	Transformation→	Self Actualisation
Extending compassion to one's self in instances of perceived failure, inadequacy or general suffering	Taking control of one's own life, setting goals, making positive choices and having self-belief	Renewal, shift, revolution, adaptation, exchange, revision, reshaping, evolve, flowering, maturation, expansion, unfold, metamorphosis, advance, innovation, growth, reclamation, progressing	Realisation/fulfillment of one's talents and potentialities – a drive present in everyone

### Contact Information:

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## ACTIVE LIFESTYLE COACHING COURSE: HEALTH CHAMPIONS™ PROGRAM

### Background:

The World Health Organisation, Heart Foundation and other leading health bodies have identified physical inactivity as a major contributor to chronic disease, particularly heart disease, on a global scale. With only 40% of our population meeting the daily minimum guidelines for physical activity, it's time to take action and reach those who will benefit most. Healthcare Champions are health professionals who are trained in the field of promoting physically active lifestyles to patients and members of the community who are at risk of chronic disease, or who are diagnosed with a chronic disease. Healthcare Champions lead walking groups from registered clinics and provide group and 1:1 coaching sessions using our Health Champions™ Coaching platform and toolkit.

### Program Description:

COURSE TITLE	DESCRIPTION
<p style="text-align: center;"><b>ACTIVE LIFESTYLE HEALTH COACHING COURSE: HEALTH CHAMPIONS™ PROGRAM</b></p>	<p>The primary objective of this course is to establish Health Champion™ coach teams within the existing clinical workforce who champion active lifestyles through physical activity coaching and walking group leadership. Health workers, liaison officers, nurses, social workers and allied health specialists are eligible to complete this training. Upon completion, Health Champions™ receive ongoing Coach Mentor support.</p>

### Program Delivery Method:

This course is delivered to groups inhouse or for individuals/teams online, blending virtual classes, group and one on one mentor sessions and self-paced learning

### Course Duration:

30-40 hours

### Program Language:

The training program will be delivered in English

### Target Audience:

The Active Lifestyle Health Coaching Course: Health Champions™ Program will be open to health professionals who have completed a minimum of Certificate III in primary health or allied health field. By training health specialists we will be able to more rapidly scale chronic healthcare expertise across our health networks. The course will be provided on location or on a virtual online platform supplemented with 3 x monthly group mentor webinars and one 1:1 Coach Mentoring. Rural / remote participants will also be able to complete the course online by virtual classroom.

**Learning Objectives: Active Lifestyle Health Coaching Course: Health Champions™ Program**

MODULE	LEARNER OUTCOME	CONTENT
<b>MODULE 1: (1.5hr)</b> <b>The role of Health Champions in Healthcare</b>	Define the relationship between the clinic, the patient and the health champion	<ul style="list-style-type: none"> <li>• The clinic/champion partnership</li> <li>• The clinic/patient relationship</li> <li>• The champion/patient partnership</li> <li>• Key roles and responsibilities</li> </ul>
<b>MODULE 2: (2 hr)</b> <b>The role of Physical Activity and Healthy Lifestyle behaviours in the management of chronic disease risk factors</b>	Explain the relationship between physical activity and health. Outline the physical activity and sedentary time guidelines of various bodies on an international scale.	<ul style="list-style-type: none"> <li>• Effects of physical inactivity on health</li> <li>• Effects of physical activity on health</li> <li>• Types of physical activity and health</li> <li>• Intensity of physical activity and health</li> <li>• Activity versus sedentary time – what is more important</li> <li>• The guidelines: WHO, HF, AHA..</li> </ul>
<b>MODULE 3: (1.5 hr)</b> <b>Health Behaviour Change Theory – the essentials</b>	Explain health behaviour theory and applications in health coaching for physical activity	<ul style="list-style-type: none"> <li>• Determinants of Health Behaviour</li> <li>• Health Behaviour Theory: Principles and Practice</li> <li>• Health Coaching and behavioural theory</li> <li>• How does coaching change behaviours?</li> <li>• Evidence supporting impact of achieving healthy behaviours</li> </ul>
<b>MODULE 4: (6 hr)</b> <b>Coaching communication for active behaviour changes and wellbeing</b>	To effectively demonstrate implementation of the core coaching competencies for conducting effective coaching conversations	<ul style="list-style-type: none"> <li>• Beyond information and advice – addressing the person as a whole</li> <li>• Consulting versus coaching</li> <li>• Coaching Presence: a client-centred approach</li> <li>• Activated Listening</li> <li>• Asking Meaningful and Timely Questions - meeting the client where they are</li> </ul>
<b>MODULE 5: (6 hr)</b> <b>Goal setting, co-designed action planning and dealing with setbacks</b>	-Co-create health-related goals based on meeting individuals where they are -Demonstrate effective motivational interviewing techniques to guide clients to goal achievement -Monitor and assess coaching program effectiveness for continual improvement	<ul style="list-style-type: none"> <li>• Engagement and partnerships</li> <li>• Partnering for increased self-empowerment</li> <li>• Lifestyle Health assessment exercises and establishing a Health Score Card</li> <li>• Co-creation of Goals and action plans</li> <li>• Monitoring and Evaluating Progress</li> <li>• Motivation and guidance</li> <li>• Strategies for dealing with set backs</li> </ul>
<b>MODULE 6: (10 hr)</b> <b>Implementing the healthcare coach program: key outcome measures for coaches, patients and clinicians</b>	Integrating physical activity/sedentary time guidelines for health outcomes Demonstrate competency in core coaching skills Demonstrate effective monitoring skills Demonstrate effective clinician reporting procedures	<p><b>Coaching for active lifestyles:</b></p> <ul style="list-style-type: none"> <li>• Australian physical activity guidelines</li> <li>• WHO sedentary time guidelines</li> <li>• The concept of activity snacks</li> </ul> <p><b>Clinic Communications</b></p> <ul style="list-style-type: none"> <li>• Evaluating and Continual Improvement Strategies</li> <li>• Communications and reporting for bridging gaps in healthcare</li> </ul> <p><b>Health Hero Walk Group leadership</b></p>
<b>Health Champion™ Coaching Tool Kit</b>	To effectively structure the implementation of the	Coach Management tools:

<b>(Resource – online access)</b>	Braveheart Health Coaching Program using interactive health coaching tools.	<ul style="list-style-type: none"> <li>• Lifestyle Behaviour Evaluation and monitoring tools</li> <li>• Referral tool</li> <li>• Monitoring my performance tool</li> <li>• Professional accountability tool</li> <li>• Self-care tool</li> </ul> Coaching Session tools - <ul style="list-style-type: none"> <li>• What is Health: article</li> <li>• Health Wheel</li> <li>• Physical Activity Wheel/ steps</li> <li>• Physical Activity Behaviour Wheel</li> <li>• Goal Setting Templates</li> <li>• Action Plan Templates</li> <li>• Checkpoint coaching tool</li> <li>• Health Coaching Library – articles/ physical activity guidelines</li> <li>• Motivational exercises/handouts for your clients</li> <li>• Trouble shooting toolkit</li> </ul> Health Hero Walking Group leadership tools and handouts
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### Entry Requirements:

Prospective students are required to be health professionals who have completed a minimum of Certificate III in primary health, fitness or allied health field. For any non-face to face component, the Zoom platform may be used for session delivery and is compatible with Windows, Mac, and Android operating systems. The course is delivered in English and prospective students are advised to have Learning, Literacy and Numeracy (LLN) skills at level 3 (Works independently and uses own familiar support resources).

### Program Requirements:

Students must attend the synchronous activities as scheduled within the course and complete the evaluations and assessments provided. These measure attainment of competencies in the learning objectives of the course and provide evidence of completion of all course activities and resources. Students must achieve competency as outlined in performance evaluation criteria supplied.

#### Specific Criteria:

1. Attendance at all synchronous (live) activities as specified
2. Completion of tasks and activities set at a level that satisfies set performance criteria
3. Submission of assessments
4. Participation in mentoring sessions

### Online Attendance:

Students' online activity completion will be recorded in the Student Management System. It is a requirement that all course resources are viewed.

Students attending virtual classroom activities are provided with a login username and password. These are automatically recorded when students login to a session. Students have the option to be visible or hidden by modifying their personal camera.

A student participation report is drawn for each student upon submission of final assessment

### Program Location and Dates:

Location of Training	Dates	Time
Online / blended	Tba	30 hours

Inhouse Group Training Courses	Bookings required	2 days
Coach Mentor sessions	Tba (online virtual sessions held once monthly)	8 hours (4 sessions)

(note: If ICF credentialing is sought, please let us know so that we can provide the appropriate synchronous training hours to meet your needs)

#### Program Instructor Information

Instructor	Credentials and Experience	Topic Areas
Kristin McMaster	Master in Nutrition, BA Management, GradDip Business, Dip Fitness, ACC ICF, Trainer/Assessor 15+years Company Director	-Health Behaviour Change theory -Coaching Skills -Physical Activity and CV health - Health Coaching Tools
Luke Burchill	MBBS PhD FRACP-Cardiologist/ researcher/ medical leader	-Cardiovascular health in populations
Health psychologist	Bachelor in Health-Psychology / Coaching certification	-mental health and wellbeing of chronic disease patients -identifying warning signs for anxiety and depression -professional scope and referrals -motivational and interviewing techniques