



Self-Management Health Coach Program

The Self-Management Health Coach Program is a telephone-based coaching program to support people living with chronic conditions to become better self-managers. Health Coaches connect with participants by telephone, once a week for 30 minutes, for a period of three months. Coaching can be extended for another 3 months upon a mutual agreement between all parties.

Through this contact Health Coaches can help participants to:

- Choose goals and actions they want to take to better manage their health
- Identify and problem-solve barriers to being healthier
- Become more self-confident
- Be motivated to initiate and maintain health-behavior changes.

Health Coaches provide a dimension of support that complements and enhances professional health care; they do not provide medical or clinical advice or treatment.

Who are the Health Coaches?

The Health Coaches are trained volunteers from all walks of life who share a passion for giving back to the community. Coaches may have chronic conditions or have loved ones living with chronic conditions, and have a keen interest in working with people living with chronic conditions. They have successfully completed a two-day training on coach skills and self-management strategies.

During the coaching period, Health Coaches will receive regular support from the Program Coordinator and will be invited to attend educational updates on major chronic health conditions.

Who are the participants?

Participants are adults of all ages who are experiencing difficulty in managing their health. For many people coping with chronic health conditions can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, activity limitation, depression and anxiety about the future are common. They may benefit from having the extra support person in the form of a Health Coach to face the daily challenges of living with chronic conditions.

What is the coaching process?

Health Coaches and participants are paired up based on gender, age and/or shared chronic health condition(s). Health Coaches will always be the one to call their participants. The participants are requested to liaise with the Program Coordinator if they would like to connect with their coach.

The Program Coordinator will have a discussion with participants towards the end of the three month period to determine whether they would like to continue for a further three months. After the conclusion of coaching, participants will receive certificates to acknowledge their participation in the coaching program.

Interested in becoming a Health Coach?

We will be holding trainings in select communities over the coming months and would ask you to contact us for details of the next training in your area.

**For more information about the
Self-Management Health Coach Program
or other community based group programs contact:
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