



Self-Management Health Coach Program

The Self-Management Health Coach Program is a telephone-based coaching program, offering support for 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 may be extended for an additional 3 months upon request.

Through this contact Health Coaches can support 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 about taking action
- Be motivated to initiate and maintain health-behaviour changes

Who are the Health Coaches?

Health Coaches are volunteers from all walks of life who have an interest in working with people with chronic health conditions. Coaches may have chronic conditions themselves, or they live with or care for people who do. They have some personal understanding of difficulties that result from ongoing health issues. The Health Coach training includes development of coaching skills and how to encourage participants' use of self-management strategies to achieve their health goals.

Who are the Participants?

Participants are adults who would like support to better manage their chronic health conditions. For many people, coping with the day-to-day physical and emotional challenges can be very trying. Fatigue, pain, social isolation, sleep issues, loss of energy, activity limitation, depression and anxiety are common. They're interested in changes they can make to improve their health and quality of life.

What is the coaching process?

This is a self-referral program and there is no cost to participate. Following a brief phone conversation with one of our Program Assistants to discuss the program, difficulties they are currently experiencing and their health goals, interested persons are matched with a suitable Health Coach. Their coach contacts them by phone on a weekly basis for three months, to share information and self-management tools that are proven to help participants better manage their health. Each week participants are encouraged to take steps of their choosing as they work toward their health goals.

Testimonials

From Participants:	From Coaches:
<p><i>“She was able to point out where I was making what seemed like small improvements, things worth noting. Seeing at the end of it all, seeing how far I’d come, and helping me recognize that.”</i></p>	<p><i>“I encourage her to come up with solutions instead of just staying with the problems, so she comes up with her own solutions to her questions or problems.”</i></p>
<p><i>“There was never any judgement whatsoever...which is huge in my life. I’ve been through a lot of judgement but there’s none coming from the coach whatsoever. It was all about let’s try to work towards a solution. Let’s not have you thrown down because of the problem.”</i></p>	<p><i>“Medical issues are complex but it’s not my job to fix them. I discourage him from asking me medical questions, I am not a health professional, but we do discuss how he can approach his health care team with those questions.”</i></p>

**For more information and to register for a Health Coach
or to become a volunteer Health Coach contact:**

SELF-MANAGEMENT HEALTH COACH PROGRAM
 Lower Mainland 604-940-8973 | Toll Free 1-866-902-3767
smhcoach@uvic.ca

For information on our other community based group programs contact:

SELF-MANAGEMENT BC
 Lower Mainland 604-940-1273 | Toll Free 1-866-902-3767
selfmgmt@uvic.ca | www.selfmanagementbc.ca



Self-Management BC is supported by the Province of British Columbia