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 request.

Through this contact Health Coaches can support participants who would like 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?
Health Coaches are 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.

Health Coaches are required to successfully complete a two-day training on coach skills and self-management strategies, and during the coaching period receive regular support from the Health Coach team.

Who are the participants?
Participants are adults of all ages who would like support to better manage their chronic health conditions. For many people coping with day-to-day physical and emotional challenges can be very trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, activity limitation, depression and anxiety about the future are common. They’re interested in changes they can make to improve their health and quality of life.
What is the coaching process?
• Self-referral program with no cost to participate
• Interested participants connect with us, we discuss the program and their health goal
• Health Coaches and participants are paired up and the first call is agreed on by all parties
• Health Coaches are always the one to telephone the participants
• Calls are approximately 30 minutes, each week for approximately 3 months with a possible extension with the program for a further three months

Testimonials

<table>
<thead>
<tr>
<th>By Participants:</th>
<th>By Coaches:</th>
</tr>
</thead>
<tbody>
<tr>
<td>“She was able to point out where I was making what seemed small improvements and things worth noting. Seeing at the end of it all, seeing how far I’d come. And helping me recognize that.”</td>
<td>“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.”</td>
</tr>
<tr>
<td>“..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.”</td>
<td>“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.”</td>
</tr>
</tbody>
</table>

Interested in becoming a Health Coach?
Please visit our website and look at the trainings we have scheduled. If you see a training that fits for you, please select it and follow the steps.

If none of the trainings displayed fit your times, please complete the application form to Become a Volunteer and we can notify you of other trainings as they are scheduled.

Interested in being paired with a Coach?
You can telephone our offices and ask to speak with some from the Health Coach team, or go to our website and select the HEALTH COACH PROGRAM following the steps to add your name to our wait list.

For more information about all our programs
Lower Mainland 604 940-1273  |  TOLL FREE 1 866-902-3767
www.selfmanagementbc.ca

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