

Introduction to Health Coaching for Health Professionals

2-Day Workshop: 31 July – 1 August, 2008. Central Highlands PCP, Ballarat

Facilitated by Rebecca McPhee and Lisa Densley, Health Coaching Australia

Evaluation Ratings & Comments

Overall Rating	4.70	Average
	<i>Frequency</i>	<i>Percent</i>
1 Poor		0.00%
2 Below Average		0.00%
3 Average		0.00%
4 Above Average	7	30.43%
5 Excellent	16	69.57%

Recommend to colleagues		
	<i>Frequency</i>	<i>Percent</i>
Yes	23	100.00%
No		0.00%
Left blank		0.00%

Content Rating	4.74	Average
	<i>Frequency</i>	<i>Percent</i>
1 Poor		0.00%
2 Below Average		0.00%
3 Average		0.00%
4 Above Average	6	26.09%
5 Excellent	17	73.91%

Presentation/Facilitation	4.83	Average
	<i>Frequency</i>	<i>Percent</i>
1 Poor		0.00%
2 Below Average		0.00%
3 Average		0.00%
4 Above Average	4	17.39%
5 Excellent	19	82.61%

Course Notes/Handouts	4.48	Average
	<i>Frequency</i>	<i>Percent</i>
1 Poor		0.00%
2 Below Average		0.00%
3 Average	2	8.70%
4 Above Average	8	34.78%
5 Excellent	13	56.52%

Enrolment & Administration		3.89	Average
	<i>Frequency</i>		<i>Percent</i>
no response	4		17.39%
1 Poor			0.00%
2 Below Average			0.00%
3 Average	7		30.43%
4 Above Average	7		30.43%
5 Excellent	5		21.74%

Catering		3.70	Average
	<i>Frequency</i>		<i>Percent</i>
1 Poor			0.00%
2 Below Average	1		4.35%
3 Average	7		30.43%
4 Above Average	13		56.52%
5 Excellent	2		8.70%

Comments

Overall Comments

Covers areas that are only touched on in undergraduate/post graduate courses.

Excellent

I found it was very practical and the examples helped

I found the approach to the client refreshing as I have always believed we need to listen more to our clients' needs and this provides me with strategies to do this in a more constructive way.

I love listening to people that use actual real life experiences to make a point.

Inspirational

It's been the best self management workshop I have done

Most definitely, makes it client focussed, instead of medical focussed

Provided a new way of working with clients in which they are the drivers!

Thank you for guiding me towards being even more client focused than I already am. I value that highly.

The 2 days were fun and enjoyable with wit and flair from the presenters. The pace went along at a good brisk level, allowing time to cover those ideas that were a little difficult to understand. Good job. I have even found some things beneficial for my own life and I will be making some personal changes.

Very inspiring.

Was surprised at how immediately useful it was.

Would love GP's to attend. 2 days out of their schedule would probably be difficult to organise.

Yes, I learned a lot in 2 days and now can start using in my everyday practice.

Comments re Content

Great examples. Also - used varied examples to show relevance.

I can use some of it in my work, in Podiatry.

The principles and strategies are simple and straightforward to follow. I can see that they would be of great benefit to our client group.

Very relevant

Very relevant and excellent facilitation. I feel that we had a good level of practice with each of the tools.

Very well set out. Big days with a lot of information.

Which sessions were most relevant/useful?

All x 4.

Ambivalence - ways to decrease their ambivalence.

Breaking each aspect of client management into component parts and dealing with them one by one.

Challenging thinking negative thoughts, Decision box tool.

Cognitive barriers and change strategies.

Could not distinguish. All aspects useful.

Examples (real situations), videos, how to turn people around with conversation.

Formulating the action plan and the 4 positive words (POA).

Interview techniques/empowering client.

Involving client in care rather than telling them what they should do.

Motivation interviewing, Agenda setting.

Pretty well all topics with the practical sessions.

Some of the goal setting tools and strategies for empowering the clients. To be honest, it was all relevant.

Specific goals to Action plans, Change your mind – behaviour.

The different Health Coaching tools.

Thoughts affect behaviour, positive versus negative thoughts.

Tools to assist ambivalent clients.

Use of the tools, ongoing discussion and practical examples used.

Which sessions were least relevant/useful?

All relevant and useful.

Found it difficult coming up with several goals to work on.

I can't think of any as they are all usable and important.

I felt all was relevant.

N/A x 2.

None.

Struggled a little with the [unfinished sentence].

The BEST model.

Was all useful.

What would you like to have seen more of?

All good.

Case studies - video examples of all coming together.

Direct feedback about our own coaching efforts, although I realise this is difficult in this type of seminar.

Examples of health coaching in practice – videos.

Health Coaching "in action" i.e. Lisa interviewing people.

I enjoyed it all - very good job.

Like to see practical uses e.g. Videos of clients going through process.

More discussion on working with clients with addictions/psycho-social issues such as poverty, past experience of violence/assault, issues impacting on current lives.

More videos demonstrating Health Coaching being used in real settings.

More videos of real clients.

Transferring Health Coaching to the Workplace.

Two very full days - not sure you could fit much more in.

Was useful seeing real coaching in progress. If possible more of these.

Workshop felt complete. More was not necessary.

What would you like to have seen less of?

I felt all was required to tie subjects together.

Not sure x 2.

There were lots of examples which were great, but sometimes just one example on a topic is enough to get the message across.

Comments re Presentation

A lot of information for one/two days.

Both presenters were fun and had a touch of flair.

Both presenters were great; well spoken, clear, and moved on quickly, keeping a good pace.

Great presenters and facilities.

I thought the many case examples demonstrated well the points you were aiming to get across. I also liked the interactive style.

It was a really nice pace. I often leave Professional development feeling a bit overwhelmed and questioning how effective my work practices are. However, with this I feel very positive and that I have more tools to assist the people I work with.

Lisa and Rebecca were great.

Presenters were wonderful! Kept me awake the whole time.

Thank you.

Very good and informative.

Very good examples, Great speakers.

Comments re Handbook

All good, easy to follow along with slides.

Difficult to read on its own when away from course - I should have taken more notes.

More detail about the theory would have been helpful to take away for easy reference.

Well laid out and useful tool to take home.

Well set out and easy to read.

Comments re Enrolment

All done for me.

Enrolled by a colleague.

First cheque was lost.

Got a bit messy at our workplace - who was paying?

Was facilitated by team leader. I am unaware of process.

We had no idea of confirmation of registration or attending time.

Comments re Catering

Past workshops at this venue were catered for much better and I was disappointed to some degree.

Could have been more food at afternoon tea - if I was being fussy.

Excellent day 1, day 2 was average.

First day was excellent. 2nd day - less food and you can only eat so much fruit - food presentation was excellent.

Food was great, but seemed to be lacking on 2nd day.

Little short on 2nd day.

More food, and more variety at morning and afternoon tea. Lunch was good both days. Was good there were healthy options.

Noisy at times.

Not enough fruit.

State what foods were vegetarian e.g. label morning and Afternoon tea. Food light on day 2.

Further Comments

A great workshop.

Enjoyed both days - both style and content excellent and appropriate to using in the workplace to influence clients around change.

I enjoyed it thoroughly. I feel confident in implementing strategies learnt.

I found it very useful and informative. It will help to implement health coaching with my clients.

I found the video with Janette fantastic, working in pairs good. This workshop has changed the way I see patients forever.

Thanks, it was great.

Thank you for sharing your time and experiences.

The presenters Rebecca and Lisa were lovely. I can use the strategies I learned today in the Educational talks I do for Diabetes groups and other Health Promotion activities, and also with a lot of my clients who have one or more chronic diseases, on a one-to-one basis. Thank you.

The workshop has been very interesting. It will give me a new way of goal setting for my clients.

This workshop should be included in the curriculum for student health practitioners. Too useful for anyone to miss out on!

Would have liked inclusion of evaluation of process: i.e. how do we know what we're doing is effective? What did the client think of this approach? Did they achieve their goals? Thank you, Well done!

Janette Gale
Health Psychologist & Director
Health Coaching Australia
14th August, 2008