

Chronic Disease Management Health Coach Certificate for Heart and Stroke Foundation of New Brunswick – Program Outline and Schedule

Live Webinar Dates and Times

- Module 1: April 8-9, 2021 (10:30 AM – 1:30 PM AT)
- Module 2: April 15-16, 2021 (10:30 AM – 1:30 PM AT)
- Module 3: April 21-22, 2021 (10:30 AM – 1:30 PM AT)
- Module 4: April 29-30, 2021 (10:30 AM – 1:30 PM AT)
- Mandatory Webinar – Legal and Ethical Issues for Health Coaches: May 10-11, 2021 (1 PM – 3:30 PM AT)
- Optional Webinar – Starting Your Health and Wellness Business: May 12, 2021 (1 PM – 3:30 PM AT)

Note: there is self-directed learning that needs to be completed before the first live webinar session.

Program Page

<https://hlIn.info.yorku.ca/chronic-disease-management-health-coach-for-hsfnb-program-page/>

Program Outline

Module	Topics Covered
Module 1: Health Coaching for Clients with Chronic Diseases Instructor: Leigh Caplan	<ul style="list-style-type: none"> • Health coaching as an evidence-based practice for primary and secondary prevention, and tertiary care (Self-directed) • Role of health coach for chronic disease prevention and management • Review of behaviour change and motivational interviewing
Module 2: Assessment Instructor: Tracy Milner	<ul style="list-style-type: none"> • Establish health coaching scope of practice • Using measures to assess the whole person and apply assessment results to inform client-centred treatment plans

	<ul style="list-style-type: none"> • Functional health assessment framework • Administration of self-report assessment tools and the use of semi-structured interviews, self-monitoring tools and resources. • Participants will be asked to create an assessment plan between sessions (Self-directed)
<p>Module 3: Case Formulation and Coaching Evaluation</p> <p>Instructors: Doris Howell</p>	<ul style="list-style-type: none"> • Definition, structure, and components of case formulation • Developing a coaching plan • Process and accountability • Link between coaching model, its characteristics, and evaluation • Evaluation of coaching outcomes
<p>Module 4: Health Coaching Implementation</p> <p>Instructor: Leigh Caplan</p>	<ul style="list-style-type: none"> • Apply and practice skills through roleplay simulation with actors, using case scenarios • Enhance confidence and readiness to incorporate health coaching into practice • Learning consolidation
<p>Webinar 1: Legal and Ethical Issues for Health Coaches and Navigators</p> <p>Instructor: Emma Gardiner</p>	<ul style="list-style-type: none"> • Ethics and communication in health care • Consent, capacity, and substitute decision-making • Privacy and confidentiality in health care
<p>Webinar 2: (OPTIONAL) Starting Your Health and Wellness Practice</p> <p>Instructor: Tania Xerri</p>	<ul style="list-style-type: none"> • Understand how to gain buy in and position health coaching services so people understand its value and impact. • Developing and refining your business idea using a lean start-up model and a business model canvas tool.