

# NATIONAL CONFERENCE IN PERSONALISED CARE

Working Together – Integrated Team Approaches



## WORKSHOP PARALLEL SESSIONS - 8TH MAY 2024

All our workshops are designed to be participatory and we hope you will enjoy the opportunity to contribute to the sessions and to exchange ideas and experience with peers. As well as plenary sessions and networking opportunities, conference delegates will be able to participate in two different workshops and you are invited to indicate your preferences when registering for the conference. Each workshop will be offered twice during the conference (once in the morning and once in the afternoon):

### Session A - Chronic Pain

Building on the success of last year's workshop we will explore the progress of coaching approaches to pain management, and how they have been enacted in various sites across the country. The workshop will be delivered by those with hands on experience including people with lived experience.

### Session B - Developing Your Coaching Practice: Competencies for Communication and Enabling

This session offers a space to explore competencies for communication and enabling that support person-centred approaches. Along with practical exercises and tools, there will be an opportunity to network and share insights with peers. The session will be useful to anyone working in person-centred care as well as supporting HWBCs working towards the requirements for Tier progression for health coaching practitioner as set out in the Workforce Development Framework for Health and Wellbeing Coaches.

### Session C - The value and challenge of working with groups and how to make them even better

This session will provide an opportunity to share experience as well as understand how we can create patient/client groups that think and work well together! A highly practical session, with lots to take away and apply with your very next group.

### Parallel session D - Lifestyle Medicine

Led by coaches and clinicians with an expertise in Lifestyle Medicine, this workshop will explore how person-centred approaches can incorporate lifestyle approaches. We will cover how to balance the right mix of information-giving and coaching. We will consider how to maintain a focus on lifestyle in complex social contexts.

### Parallel session E - Applying person-centred skills where they are needed most

This session will look at the application of health coaching and care co-ordination in current areas of high need. There will be a particular focus on people on waiting lists, or where high use of services could be better managed. We will explore how personalised care teams can add real value for the NHS, in these hot topic areas.