

Welcome to our April 2025 Newsletter

We hope that you have been able to get a break and some sunshine over the recent weeks.

(Almost) every month we will include what's going on at Peak, along with insights we have in the landscape of Personalised Care and, of course, a coaching 'Top Tip'. Please [share this newsletter](#) with your colleagues who might be interested.

Health Coaching Top Tip Be more Spaniel!



There are some coaching sessions and conversations we, perhaps, look forward to, more than others. I know when I was working as a GP, I found persistent pain, really challenging. In fact, seeing that person with pain on my list, was enough to make my heart sink – this is not a good place, from which to start a productive consultation. And so it can be sometimes, with some of our patients and clients in coaching. This has come up in coaching and supervision for me recently, so if this resonates – you're not alone!

In this month's top tip, Dr. Tim Williams explores how being 'More Spaniel', can get our coaching conversations off to the best start.

[READ THE TIP >](#)

What do you think of this 'top tip'? Have your say about this and/or [share your own here](#).

New Courses and Development Opportunities

At Peak, we want to provide the most engaging and impactful training for colleagues in the Health, Social and Community Care Sectors and beyond. Each month, we will focus on a few of our training and education programmes for you to consider. **If there is a particular area where you would value training, please let us know [here](#).**

[VIEW FULL COURSE CATALOGUE >](#)

[VIEW OUR TRAINING PATHWAY >](#)

Working with Groups



Ideal for frontline staff in the health, social and community care sector who work with groups (or are wanting to) and want to make these even better!

Our next 2-session programme is:

11th September and 2nd October
(13.00 - 16.30)

[FIND OUT MORE >](#)

Health Coaching Supervisor Training



Our comprehensive [Health Coaching Supervisor Training Programme](#) will get you off to the very best start in this next chapter of your development.

Our next programme is **starting in the Autumn**.

To register your interest, please click on the link below.

[FIND OUT MORE >](#)

Peak Perspectives



Peak Spring Impact Survey - Seeking Your Perspectives

Thanks so much to all those who have already completed our **Spring Impact Survey**. We are getting some great information relating to your training experience, the changes you've made to your practice and the barriers that get in the way. If you haven't yet taken the opportunity - there is still time! **Click the link below to share your thoughts** - it only takes a few minutes and will shape our training and conversations with commissioners and organisations, who want to work differently.

[Complete the Peak survey >](#)

Dates for your Diary

National Conference in Personalised Care 4th June 2025

(9am - 4.30pm in Central Sheffield)

'Enabling Agency and Wellbeing'

To find out more and book your place visit the website via the button below.

Here's what happened [last year!](#)

[BOOK YOUR PLACE >](#)

Peak Programmes

Peak Health Coaching offers a number of other Accredited and Approved Training Programmes relevant to Health Coaching and Personalised Care. Please visit our [NEW Full Course Catalogue](#) to plan your next step or share with others!



**All Your Resources in
One Place**

Looking for your course resources? We have moved them to our **Learning Hub** (top right of each web page). Simply click on the link to your course and enter the password to gain access!

Peak Partners



As the country's leading provider of primary care updates, chances are you or one of your primary care team will have been on a [Red Whale](#) course at some point. They have just launched a [1-day course in Lifestyle Medicine](#) that's approved by RCGP as meeting special interest status.

Our Health coaching training, be it our core 2 or 4 day courses, pain, groups, or supervision courses, work really well alongside their educational content. Together we can help people to apply cutting edge knowledge in a coaching style- it's a winning combination!

If you've been on one of our courses and wish to enrol in one of theirs, or vice versa, please [get in touch](#) to obtain a 10% discount code.



As most of you will know, we are working closely to transform the way pain management is offered in primary care. Adam Davies and the team at [Pure Physiotherapy](#) have developed a health coaching team with expertise in pain management that can support delivery of pain management in practices or PCNs.

We couple that with our [Coaching for Pain Management 2 x ½ day training](#) (above) for your local teams to develop confidence in de-prescribing and promoting the health coaching offer. This combination of workforce and education is the first of a range of similar ideas we have. **Please get in touch if you are interested in expanding your local pain management capacity.**

Thanks for taking the time to read through our new Newsletter. If there's anything the team can help you with please get in touch at support@peakhealthcoaching.com or call us on 0114 291 9137

Thanks for your support,

Tim & The Peak Health Coaching Team