

Welcome to our March 2025 Newsletter

We hope you're enjoying the sunshine...when it's there!

(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

What's stopping you? The Limits of Limiting Assumptions



"What's stopping you from...? "What's **Preventing** you from...". The answers to these questions are often, for me, the most interesting part of a coaching conversation. What is it that gets in the way of people doing what they say they want?

In this month's top tip, Dr. Tim Williams explores how to gently challenge assumptions that might be limiting.

[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 and want to make these even better!

Our next programme is: **8th and 22nd May (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 on 18th June 2025**

[FIND OUT MORE >](#)

Peak Perspectives on the Blog



11-12 MARCH 2025
NEC BIRMINGHAM

Personalisation in Workplace Wellbeing: Reflections from the NEC Health & Wellbeing Conference

Dr. Ollie recently attended the NEC Health & Wellbeing Conference, where discussions about the evolving landscape of workplace health took centre stage. A key takeaway? The growing recognition that personalisation is not just a luxury but a necessity

[READ MORE >](#)

Peak Spring Survey

As a company, as many will already know, we do not only want to 'just' provide a great learning experience, but to also have positive impact that lasts beyond the training itself.

If you have completed one of our courses, we will be in touch shortly, to find out a bit more about what has happened since. Now more than ever we need to demonstrate the value that we BELIEVE you most definitely add, so PLEASE TAKE SOME PRECIOUS TIME TO COMPLETE THE SURVEY when it lands in your inbox.

Dates for your Diary

National Conference in Personalised Care

4th June 2025

(9am - 4.30pm in Central Sheffield)
'Enabling Agency and Wellbeing'

Our conference is already half sold out, with 10 weeks to go. Don't miss out- It's going to be a cracker of an event. The Opening plenary is from **Prof Sir Chris Ham**. He has been writing alot in the BMJ recently about the changes in the NHS
<https://www.bmj.com/content/bmj/388/bmj.r554.full.pdf>. His overview of the direction of travel of personalised care is going to be hugely valuable. We have frontline team leaders with stories from the field as well as leading experts in pain management, exercise medicine, group working and staff wellbeing. You will meet people as committed to personalised care as you.

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

[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 Medicing](#)** 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 it 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



PEAK HEALTH
COACHING