

### Welcome to our May 2025 Newsletter

We hope that you are enjoying the sunshine that remains and the gardens are appreciating some refreshing rain!

(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 Listening or Telling



I find one of the hardest skills in health coaching is judging when to listen and when to tell.

We come with a huge background of knowledge and experience, from our training and having partnered with often thousands of patients or clients. So commonly we recognise those typical patterns of thinking and behaviour that we know derail good health outcomes. We are desperate to set them on their path to recovery.

In this month's top tip, **Dr. Ollie Hart** explores the power of listening to support thinking.

[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 >](#)

#### Action Learning and Peer Support



**Ideal for frontline staff in the health, social and community care sector who want to support their colleagues to think brilliantly.**

Facilitated via Zoom, this full-day and follow up 1/2-day training is available to book for individuals or as a full team.

[FIND OUT MORE >](#)

#### Health Coaching Supervisor Training



**New dates are available to book for our Supervisor Training:**

**1:1 Supervision (Module 1)**  
September 9th and 23rd and October 7th 2025.

**Group Supervision (Module 2)**  
November 6th, 20th and December 11th 2025.

[FIND OUT MORE >](#)

### Peak Perspectives



#### Freedom from Chronic Pain

The title of this piece is that of a course which I am just completing. Even before Peak Health Coaching was conceived, Ollie and I were 'cutting our coaching teeth', supporting people living with chronic pain at our local pain service in Sheffield. That was over 20 years ago and pain science has moved on a lot since then!

[READ MORE>](#)

### Dates for your Diary

#### National Conference in Personalised Care

**4th June 2025 (NEXT WEEK!)**

(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](mailto:support@peakhealthcoaching.com) or call us on 0114 291 9137

Thanks for your support,

**Tim & The Peak Health Coaching Team**