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| Health and Wellbeing Coaching  **South West Barnet PCN**  **The Process**  Your coach will speak with you over an agreed number of sessions using a specific coaching model to facilitate change. The number of sessions and the suitability of the service will be decided in an initial consultation which will last up to 45minutes and can be either face to face or via telephone. The duration of the remaining sessions will depend on each specific case.  In the first consultation the health coach will discuss:  Your lifestyle, your values and your health related goals.  Then you will put together a health action plan.  You will receive one session per week for follow ups and your progress will be monitored and the outcome will be measured.  \*Please remember that an H&WBC is not a clinician therefore not an expert in your condition but they are qualified to provide help and support to facilitate positive change which cannot be achieved without your active participation in the process.   **Supported Self-Management****Empowering people to achieve their health goals & better manage their long term conditions (LTC)** Health and wellbeing coaching provides personalised support for people with LTC or patients who are newly diagnosed with a health condition to better manage their health. Health and wellbeing Coaches also offer weight loss support and supports anyone who wants to make a positive behaviour change to improve their health or condition. This can also include low to moderate mental health disorders such as anxiety and depression.  **The Aim**  The aim is to improve your skills, knowledge and confidence in managing your condition to have the best possible quality of life. |

**How to Refer**

You can receive a referral from a GP or other health professionals at the surgery, such as a social prescriber.

You can also self-refer without seeing a GP or SPLW by emailing [**waheeda.hewad@nhs.net**](mailto:waheeda.hewad@nhs.net)