

Health & Wellbeing Coaching with Xanthe Grace



Health Coaching plays an important role in preventative healthcare. It supports people to make lifestyle changes to improve their health and wellbeing.

Health coaches can support those with the following conditions:

overweight/obesity, heart disease, high blood pressure, diabetes or pre-diabetes, menopause, pain, fatigue, inflammation, pre-surgery readiness and post-surgery recovery, anxiety, low mood, loneliness and managing frequent attenders. It can also help with stopping smoking, cutting down alcohol intake, sleep problems and promoting increased movement and activity.

Coaching techniques can lead to increased patient motivation to self-manage and encourage goal setting to foster healthier behaviours and positivity. Coaches will also signpost to services that can further support a patient's needs.

This approach encourages patients to take a proactive role in managing their health and provides them with long-term tools to maintain healthy lives.

What can I expect from the sessions?

We offer up to six free sessions with the Health and Wellbeing Coach; each session is approximately 45 minutes long.

During your initial consultation, you will discuss with the coach what is happening in your life and identify areas that you would like to work on/change or improve.

Over the remaining sessions, you will start to make small changes. If it doesn't go to plan, you will look at what might be getting in the way – after all, changing behaviour is difficult. Our coaches are here to support you – you can expect them to be non-judgemental and empowering.

This is a different type of appointment to traditional healthcare appointments. You won't be told what to do. Instead, you will work with your coach to find your own solutions and will be encouraged to take responsibility for your health. With this approach, you can expect to embark on a transformative journey towards improved health, confidence and wellbeing.

Health coaching is a holistic approach to care, so we cover a range of areas including motivation, stress management, self-worth, eating, exercise and movement, managing long-term conditions, social health, sleep and much more.

What kind of results can I expect from Health Coaching?

Here are some of the improvements that patients have reported from their Health Coaching experience:

- *Weight loss*
- *Reduced cholesterol*
- *Reduced blood sugar levels*
- *Improved quality of life*
- *Better management of overall health*
- *Increased confidence*
- *Increased motivation*
- *Better quality of life*
- *Improved wellbeing*
- *Improved knowledge*

Please talk to your GP or a member of the surgery staff to book an appointment with our Health & Wellbeing Coach.

(Patients must be over 18)

