

HOW CAN THE COACH HELP ME?

Our coach, Amy, can help you make changes relating to diet, physical activity and exercise. She can also give some help with stress, low self-esteem and low-level anxiety or depression.

WHAT DO SESSIONS INVOLVE?

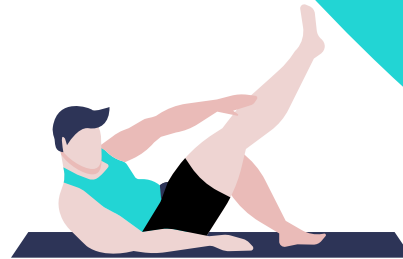
Helps to increase motivation, introduce healthy behaviours, and develop ways of living a healthier life in a way that works for you. Each person's work with the health coaching service is different, and sessions are tailored to the individuals goals and needs. As everyone is different.



THINK THIS SERVICE IS FOR YOU?

Speak to your health care professional today.

If you have any further questions about Health & Wellbeing Coaching please call reception to book a one-off call with the coach, in which she can answer your questions.



HEALTH AND WELLBEING COACH

Bourne Galletly Practice



Your Health and Wellbeing coach will help you make positive lifestyle changes that will help you become the healthiest, happiest version of you

WHAT GOALS DO WE WORK WITH?

Weight Loss -

People may want to lower their weight due to health concerns or simply to feel more comfortable in their body.

Healthier Diet -

A healthier diet can help manage health conditions and reduce risk of future ill health.

Increased Activity -

Increasing activity can help improve quality of life, health, and wellbeing. However this has become more difficult with the rising prevalence of desk jobs, car transport, and sedentary activities.

Reducing Stress and Low Mood -

Physical and mental health are interlinked, and difficulty in one area can often have an impact on the other. We can help clients identify activities which improve their mental health and address barriers to activities.

Managing Health Conditions -

(Diabetes, Cardiovascular Disease, Stroke, Hypertension) Lifestyle can have a dramatic impact on pre-existing health conditions.

Stop Smoking -

We can help you to stop smoking if this is something you are thinking of doing.



WE ALSO LINK WITH OTHER SERVICES

The health coaching service sits inside the health and wellbeing team, a service aimed to improve health and wellbeing for patients, through the use of non-medical input, with the aim of preventing and reducing medical intervention and treatment.



HOW WILL IT WORK?

01

During your initial consultation your coach will find out more about you, your lifestyle, values, goals and anything that might get in the way of achieving those goals. You will then set some short-term goals that will enable you to start to work towards what it is you want to achieve.

02

After your initial consultation you will have sessions in which you will review your progress, towards your goals, set new goals and discuss any setbacks you might have faced, together you can plan how to work around those set backs, should they arise again in the future.

03

You will then get a review session which allows you and the coach to reflect on your progress so far. Each point you will decide together if you feel you'd benefit from more sessions, or if you feel you are in a good place to "go it alone", knowing of course you can always return to the coach in the future should you need to. If agreed you require further sessions you will have more until you and your coach feel the support is no longer needed.

