



**Pre Congress Workshop: Health Coaching (YORK University)**  
**Venue: Advanced Cardiac Centre**  
**Hall: Room # 2024**

**3<sup>rd</sup> November 2017; 09:00 hrs – 17:00 hrs**

**Session Detail**

**Key Faculty:**

**Harvey Skinner,**

York University, Faculty of Health, Toronto, Canada

**Susan Harris,**

York University, Faculty of Health, Toronto, Canada

## Agenda

**a) Welcome and Overview of the Workshop**

- a. Your Burning Question: ‘one thing I would most like to learn from this workshop is ...?’

**b) Essential Concepts**

- a. Why giving advice often fails
  - i. Persuasion exercise
- b. Understanding motivation and resistance
  - i. Useful models and approaches
- c. Evolving roles of mobile and eHealth technologies in behavior change
  - i. Pros and Cons
- d. What is Health Coaching
  - i. Evidence based approaches

**c) Three Practical Tools**

- i. Agenda Setting menu
- ii. Readiness, Importance and Confidence for change
- iii. Decision Balance: Pros and cons of change

**d) Doing a Motivational Assessment: Skill Development**

- a. Demonstration
- b. Role plays and debrief

**e) Putting Learning Into Practice: *The Monday Morning Question?***

- a. Your Personal Learning Plan
- b. Your Organizational Learning Plan

**f) Workshop wrap-up: ‘My take home message is ...?’**

**g) Feedback and Evaluation**