

HCA Training in Chronic Disease Self-Management Support

Health Coaching Australia (HCA) offers professional development training in health behaviour change/health coaching for self-management support as well as program implementation workshops and consultancy services for managers.

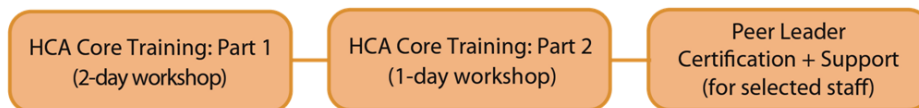


What does HCA do?

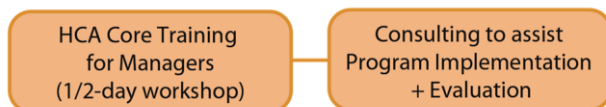
- We equip practitioners with skills and tools to assist patients to better self-manage their chronic health conditions and increase adherence to treatment and lifestyle recommendations.
- We mentor team leaders and peer leaders to support staff to develop health behaviour change skills and implement quality assurance processes.
- We help managers to support program and clinical staff through assistance in aligning organisational systems and overcoming operational barriers to employing a health coaching approach.
- We offer consultancy services to assist in overall program development, implementation and evaluation.

The ultimate aim of practitioners employing the HCA Model of Health Change is to improve patient health outcomes.

Training options for Clinicians:



Training Options for Program Managers:



HCA runs in-location workshops for organisations across Australia. Visit the website for more details:

www.healthcoachingaustralia.com