Health Coaching for Health Professionals

CSPH 5713  
2 Credits | Summer 2019  
Instructors:  
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As Health Coaching becomes more prevalent on the national scene, especially for prevention and self-care, those working in public health will be greatly served by gaining an inside understanding of health coaching practice.

This is a primarily online course that meets for one evening and two full days, in-person and has weekly web and phone-based work. Students are expected to be online and connected with the class on a scheduled basis every week of the term, unless instructor has been notified of special circumstances. Please go online to https://onestop.umn.edu/for more information.

This course will explore the basic tenets of 4 Pillars of Health Coaching model — self-awareness, mindful presence, authentic communication, and safe/sacred space. Students will learn to identify/benchmark stages/patterns of change, respectfully collaborate with interdisciplinary health care providers and facilitate clients’ ability to achieve sustainable lifestyle changes. Consistent, nonjudgmental application of a holistic perspective of optimal health and wellbeing in patient encounters will be discussed and demonstrated. Students will have the opportunity to see demonstrated and to practice applying tools and practices from motivational interviewing, appreciative inquiry, non-violent communication, etc.