

Why Health Coaching?

If you would like to change your diet, smoking or activity level but find it difficult then health coaching, a new free service for university staff, might be for you.

What is Health Coaching?

Health coaching is a form of one-to-one coaching originally developed and tested by Public Health, NHS Grampian, designed to help you to achieve the positive lifestyle changes that matter to you. A coach will meet with you four to five times to help you decide what you want to change and to work on the skills you will need to be more active, eat better, drink less or reduce/quit smoking. For example, you might work on setting appropriate goals, on improving confidence, or on identifying likely problems and barriers to success. All of your interactions with your health coach are completely confidential.

What do previous clients think?

People using NHS Grampian's health coaching service have said; "**No preaching common sense approach**". "**The sessions really helped me and gave me more confidence**". "**Just a big thank you! with the help and support received I have made changes that have improved my life! (BIG TIME!)**". "**I found the sessions gave me food for thought and the encouragement I got was helpful.**"

Who are the health coaches?

The service is led by health psychologist Dr Clare Cooper and delivered by a team of Stage 1 trainee health psychologists who have completed additional training in health coaching.

What does it involve?

As a client, you will meet with your Health Coach 4 or 5 times for 30-45 minutes each time. These appointments will be arranged at mutually convenient times and are typically 1 or 2 weeks apart so that you have time to work on agreed targets or to think about particular issues between appointments.

Where does health coaching take place?

Coaching takes place on the Foresterhill and King's campus in various rooms within in the main University buildings on site.

When does health coaching take place?

Health coaching sessions will be available at various times within the working day (9am-6pm) and clients and coaches are free to agree mutually convenient times.

How do I get involved?

Please contact healthcoaching@abdn.ac.uk to register your interest or find out more.

