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Lead the next health movement Part II

Learn how to become peer health coaches

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Background: Disease is an individual, private and clinical affair. Health is a social, public and political affair. To improve the health of the overall population, we must expand beyond:

- The constraints of 1-to-1 doctor-patient encounters and 1-to-n population health programs to create
- An abundance of (n-to-n) peer health coaching communities

We must design and build health movements for the people, and led by the people. Health movements break through the evidence-based ceiling of organizational performance.

Aim:

- Develop peer health coaching skills for everyday life.
- Become the researcher of your own behavior to create personal evidence about deep change
- Collaborate with a colleague, family member or friend to improve your health habits together

Method: Download handout from www.healthcoachingbuddies.com

Experience peer health coaching with a colleague

- Use the peer health coaching principles and guidelines
- Complete self-reflective learning exercises
- Take turn coaching each other about making deep change

Results:

Learning Outcomes

- Understand what it means to go beyond surface change: gaining knowledge, having good intentions and setting goals
- Develop your own personal evidence about making deep change (reducing resistance, increasing motivation, etc)

Conclusion: We must learn how to improve our health habits before helping our patients and their families do the same. To participate in this learning journey, you can join the SIG on Complexities in Health to:

- Take the online peer health coaching course <http://bit.ly/1zLgwqv>
- Participate in an ongoing online learning community about how to implement peer health coaching platforms and programs within your organization and community