Embedding Health Coaching Worksheet

| **Change Step** | **Key Reflection Questions** | **Action Needed** | **By Whom** | **By When** |
| --- | --- | --- | --- | --- |
| **Vision** | What needs to change locally? |  |  |  |
| How important is the change?  And why? |  |  |  |
| How would health coaching help? |  |  |  |
| What will the future locally be like if a health coaching approach is used? |  |  |  |
| What is our vision of success? |  |  |  |
| **Describe** | Who do we need to get involved to make the vision happen? |  |  |  |
| What resources, actions or support will we need from each stakeholder? |  |  |  |
| What is important to each stakeholder? What will convince them to help? |  |  |  |
| What description or authentic health coaching ‘story’ is most likely to connect? |  |  |  |
| **Train clinicians** | Which clinical teams or conditions will we target first? How will we access the clinicians and their bosses? |  |  |  |
| How will progress on attracting support be tracked and communicated to all stakeholders? |  |  |  |
| How will training for clinicians be conducted, managed and monitored? |  |  |  |
| What is important to each stakeholder? What will convince them to help? |  |  |  |
| **Deliver to patients** | How will we get feedback on how clinicians and patients are getting on? |  |  |  |
| How will we support clinicians’ on-going use of health coaching skills? |  |  |  |
| How will we keep the momentum going? |  |  |  |
| **Review** | How will we measure and share success? |  |  |  |
| What indicators can be used? And how can we encourage teams to collect the data? |  |  |  |
| How will we gather new stories of clinician and patient experiences? |  |  |  |
| How will we build in reflection about progress, problems and improvement factors for spreading health coaching? |  |  |  |
| How will a corporate decision be made to continue supporting health coaching roll-out and embedding? What else can we provide to influence this? |  |  |  |