



# Unlock Your Health Coaching Potential

## A Skills-Based Health Coach Training

### About this 5-part virtual training series

- Presented by the Center for Excellence in Primary Care at UCSF
- Remote, highly interactive, skills-based training series
- Ensures more effective interactions with patients
- Designed for those new to and familiar with health coaching

### Register online by 8/30

**Cost:** \$1650 per person.  
Group discounts available.

**For more information:**  
[cepc.sfghfcm@ucsf.edu](mailto:cepc.sfghfcm@ucsf.edu)

### Training session times\*

- 1 Fri, 9/6: 10am-12:30pm  
**Start a Health Coaching Relationship**

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- 2 Fri, 9/13: 10am-12:30pm  
**Collaborate & Check for Understanding**

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- 3 Fri, 9/20: 10am-12:30pm  
**Improve Medication Understanding & Adherence**

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- 4 Fri, 9/27: 10am-12:30pm  
**Identify Goals and Action Plan**

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- 5 Fri, 10/4: 10am-12:30pm  
**Put it All Together**

# Unlock Your Health Coaching Potential: A Skills-Based Health Coach Training



## Learning Objectives

**After completing this training, learners will be able to:**

- Describe how health coaching skills assist patients in gaining the knowledge, skills, and confidence to become informed, active partners in their care
- Collaborate with patients to Set the Agenda for a visit
- Apply Ask-Tell-Ask to assess and build on a patient's knowledge and motivation
- Apply a client-centered approach to reinforce new information and steps to complete an action
- Explain common reasons patients do not take their medications and strategies for addressing patient concerns
- Apply medication reconciliation with the patient
- Describe a four-question sequence to assess patient knowledge of their prescribed medications
- Collaborate with patients to develop an action plan

## Speakers

**Patricia Mejía**, Program Manager for Practice Coaching and Training  
**Richard Ceballos**, BA, Trainer & Communications Coordinator

## CEUs Available

This course meets the qualifications for **9.5 contact hours** of continuing education credit for nurses as required by the California Board of Registered Nursing, Provider # CPE 13741. Bay Area, North & Central Coast AIDS Education & Training is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. Bay Area, North & Central Coast AIDS Education & Training maintains responsibility for this program/course and its content. This course meets the qualifications for **9.5 hours of continuing education credit** for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences, Provider # 133640. Any activities within the program that do not have instructional time are not offered for continuing education credit. Course completion certificates will be awarded upon completion of course evaluations. Documentation must be retained by the Participant for a period of four years after the conclusion of this program.



## Contact Us

For additional questions, addressing grievances, or any requests around special accommodations. Please contact:  
Patricia Mejía at [patricia.mejia@ucsf.edu](mailto:patricia.mejia@ucsf.edu)

**Learn more at: <https://cepc.ucsf.edu/>**