



PEAK HEALTH
COACHING



Build your
'People
Skills'

Interactive and dynamic **HEALTH COACHING Intro**

Half day interactive workshop

Health Coaching is fast becoming THE new skill set and approach to unlock human happiness and wellness. Knowing how to use health and wellness coaching is valuable for you and all those around you. We'll introduce you to the ideas and skills, and show you where they can be used.....building your CV and opportunities for work

What is covered...

- Why empowering people to self care matters so much
- Be part of a live demo of a Health Coaching model
- Learn some techniques to use straight away
- Appreciate job opportunities for these sorts of skills

Free workshop for 16-24 year olds
Tuesday 17th November
13:00-16:30 Sheffield City Centre

We're looking for young people aged 16-24 to take part in a free interactive workshop where you'll learn practical coaching skills that can help in everyday life, education and work.

What's involved?

A relaxed, interactive 3.5-hour workshop where you'll learn by doing, share ideas and learn from others. Join in as much or as little as feels comfortable — your voice matters.

What will you gain?

A brief introduction to practical health and wellbeing coaching skills to help you listen, communicate and connect with others in everyday life, at work and in your relationships.

Where could it lead?

These skills are increasingly valued across the NHS, workplaces and organisations of all kinds. They can strengthen your CV and complement almost any career path.

Whether you're in education, training, work, looking for your next step, or simply want to develop some useful life skills, this workshop is for you.

Date: Tuesday 17th November

Time: 13:00-16:30

Cost: Free

Who: 16-24 year olds

Where: Sheffield City Centre (venue to be confirmed on registration)

Please register via this link: <https://forms.cloud.microsoft/e/HkzTP8ZYk3>

No experience needed. Just bring yourself and be ready to get involved.

Email us at seeitbeit@sheffield.gov.uk if you have any questions