



Gwasanaeth Byw'n Dda
POWYS
Living Well Service

Health Coaching Workbook

Name:

NHS Number:

Introduction

Welcome to Health Coaching. Our goal is to empower you to enhance your self-management skills by exploring what matters to you and how you can take steps towards your objectives.

Health Coaching encourages a strength-based approach to supported self-management, helping you consider your personal values and strengths, and how this supports sustainable change.

Throughout the session, we will explore the OSCAR model and how this can help us set small meaningful steps:

O - Objectives – what you want to achieve from the session and beyond

S - Situation – your situation, strengths and resources

C - Choices & Consequences – choices that can help you move towards what you want to achieve

A - Action – specific, measurable, achievable, relevant, and time-bound (SMART) small steps

R - Review – how to reflect on your small step and consider what is next.

This workbook is designed to help you work through the session, providing resources that may support you in setting a small step, tracking your goals and progress. It includes reminders of key topics from the session and space to write your own notes.

At the end of the session, you will be invited to choose what you would like to do next within the service.

How to use this workbook

This workbook is designed to be used electronically – it can be saved to your device and has spaces that you can click or tap into and type your notes.

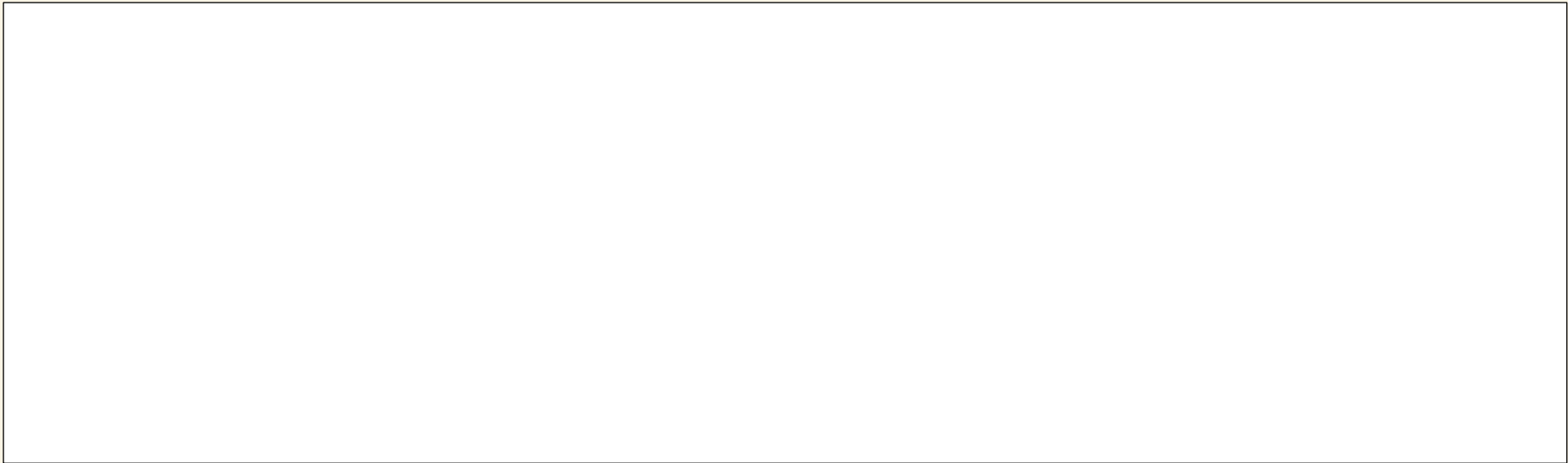
If you find that typing into the electronic workbook is difficult, you might want to consider writing notes on paper instead. **There is no need to print this workbook.** You can use any lined or plain paper to record your notes. We recommend that if you do this, you include the name of this session and the page number in the workbook that your notes relate to – that way you can easily look back at your notes from the session.

You can find links to resources that support this session on our website at:

<https://pthb.nhs.wales/plws>

What Went Well

Before we begin, let's think about something positive from the past week. This could be anything that made you feel happy, uplifted, proud or hopeful. Make a note of this below:

A large, empty rectangular box with a thin black border, intended for the user to write down a positive experience from the past week.

What is OSCAR?

In this session, we will be working through the OSCAR model together and exploring how this can be used to help achieve meaningful change.

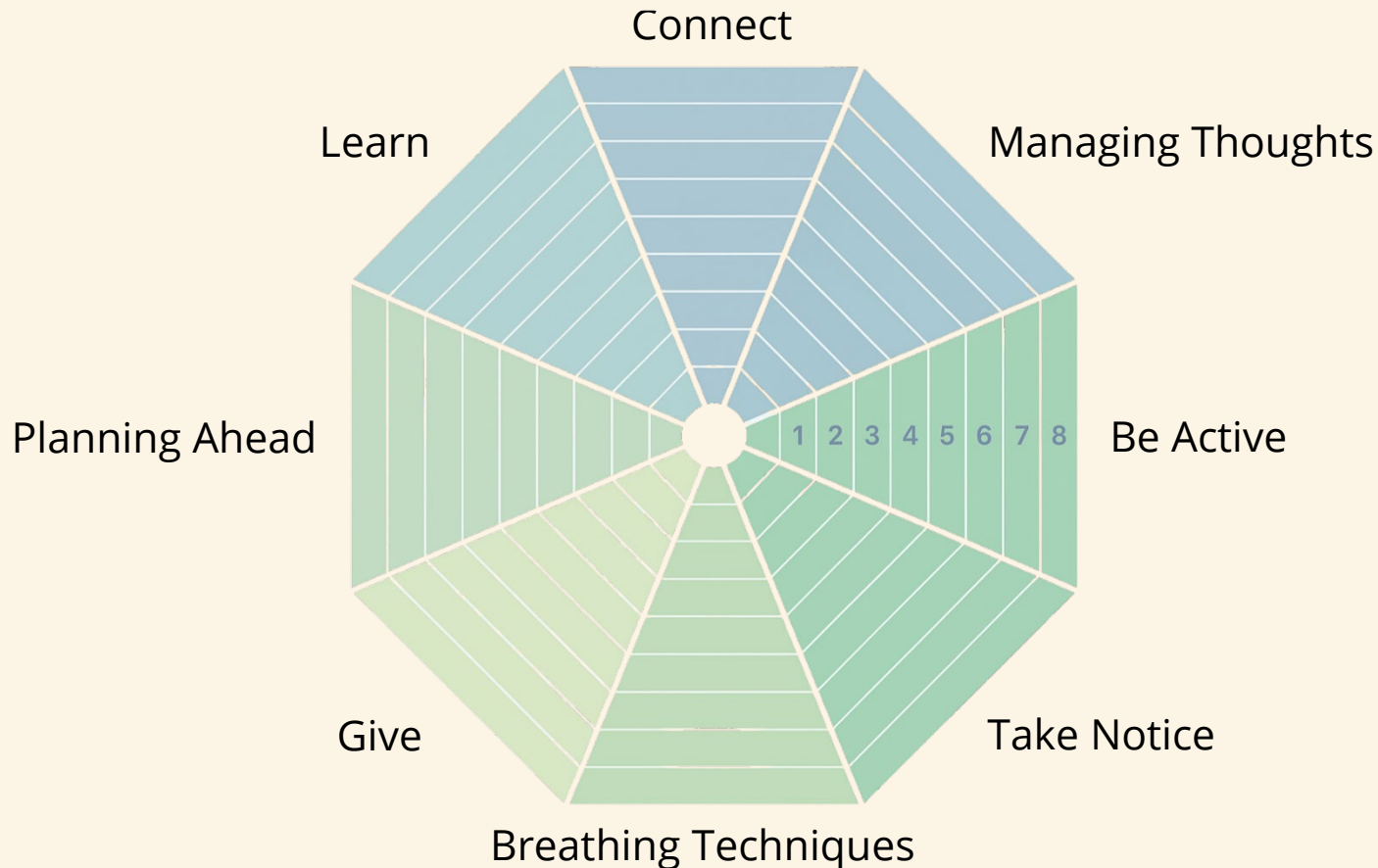
Making changes in our lives works best when we take one small step at a time. This lets us see how things go, whether they work or not, and helps us decide what to do next. The OSCAR model is a tool that helps us make choices that match our values and goals, no matter what situation we are in.

O – Objective

The ‘what matters to me’ wheel is a useful tool to help you recognise your strengths and consider areas for growth.

In each section of the wheel, a mark of 0 shows low importance and a mark of 10 shows high importance.

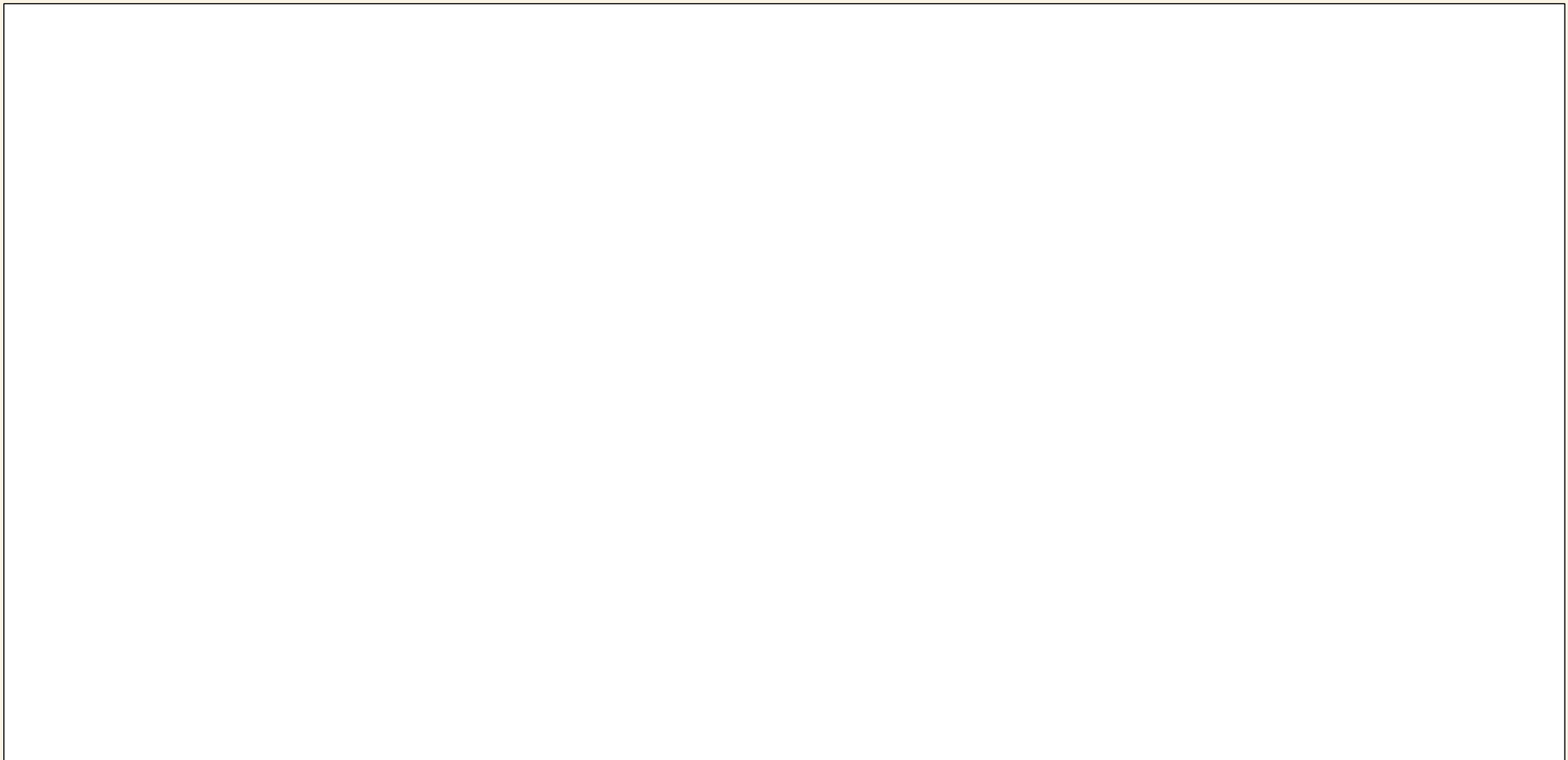
Use the wheel for yourself to help highlight what you want to work towards. Make a note out of 10 for each area using the below table.



Area of wheel	Mark out of 10
Connect	
Managing Thoughts	
Learn	
Be Active	
Take Notice	
Breathing Techniques	
Give	
Planning Ahead	

What do you want to work towards?

Use the box to write down what you noticed from the 'What Matters to Me' wheel. Is there an area of your life you'd like to focus on or pay more attention to? Remember, there's no right or wrong answer, this is just about what feels important to you.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

S – Situation

Make a note of what is in your own resource rucksack. What are your strengths and resources that can help you achieve your objective?



C – Choices

What are small steps you can take that match what matters most to you? Consider what might happen if you choose to take – or not take – each small step. It is important to remember that doing nothing is always an option too.

“If you always do what you’ve always done, then you’ll always get what you’ve always got”

Henry Ford

What choices do you have?

Choice 1: Do Nothing

Choice 2:

Choice 3:

What are the consequences of this choice?

Consequence:

Consequence:

Consequence:

A – Action

Choose one small step you'd like to work on and use the questions below to help create a clear plan to get started. Consider making your small step specific, something you can measure, something you feel you can really do and that matters to you.

What small step will you take?

How often will you do your small step?

How confident do you feel to take this small step on a scale of **0 (not confident)** to **10 (very confident)**?

How important is your small step to you on a scale of **0 (not important)** to **10 (very important)**?

When will you start your small step? When will you check in to see how your small step is going?

R – Review

At the end of the session, you'll be invited to choose what you would like to do next within the service. We also encourage you to reflect independently, using the skills and strategies we have explored in the session and through the workbook. You may wish to consider:

What went well with your small step? (every small win counts)

What was hard, and what can you learn from it?

Do you need to change anything?

Use the space on this page to record any additional notes or reflections from the session.

LIVING WELL YOUR WAY