



## Workshop

### Promising not to interrupt and learning to listen: The power of Health Coaching in conversations about transition with Adolescents and emerging adults

Thursday 25 July - 16:00-17:30

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Supporting transition in adolescents and young adults (AYA) involves navigating complex biological, psychological, and social changes. This workshop addresses the unique challenges healthcare professionals face, including self-perceived competence and identity. By adopting a health coaching stance, you can improve your interactions with patients, leading to better care and reduced burnout.

This interactive session will equip you with practical skills and insights to manage external and internal pressures, enhance patient care, and foster your emotional well-being by both promising not to interrupt and learning to listen.

This workshop is designed for healthcare professionals offering developmentally appropriate health care. Whether you are an experienced provider or new to the field, this session offers valuable tools and strategies to enhance your practice and build personal resilience.

Participants will:

- Reflect on the pressures leading to burnout and loss of compassion in healthcare.
- Practice health coaching techniques and expand your active listening to manage patient relationships effectively.
- Consider how these strategies will improve both patient outcomes and healthcare professional well-being.

**Workshop Format:**

- **Interactive and Engaging:** Be prepared to participate actively. This is not a passive lecture.

- **Practical Skills:** Gain hands-on experience with the TGROW health coaching model.
- **Collaborative Learning:** Share your experiences and learn from others in the field.