

HWBC Resources you may find useful

Books

- Rollnick, Miller, Butler; Motivational Interviewing in Healthcare – Helping patients change behaviour
- Charles Duhigg – The Power of Habit
- Atomic Habits – James Clear
- Coaching for Health and How to do it - Jenny Rogers and Arti Maini
- Coaching Skills – Jenny Rogers
- Simplifying Coaching – Claire Pedrick
- Health Behaviour change, Theories, methods, and interventions – Andrew Prestwich, Jared Kenworthy and Mark Conner
- Health Behaviour change a guide for practitioners - Rollnick, Mason and Butler
- Coaching skills for health care professionals – Lawrence Whyte
- Games people play – Eric Berne
- Time to think – Nancy Kline
- Nudge – Thaler and Sunstein
- Making coaching work – Clutterbuck and Megginson
- Complete handbook of coaching – Clutterbuck, Cox and Bachkirova
- A prescription for Healthy Living – Emma Short
- The Future of Coaching – Hetty Einzig
- Effective Modern Coaching – Myles Downey
- Coaching for Performance – Sir John Whitmore

Other books (health-related, rather than coaching)

- Why we sleep – M Walker
- Spoon-fed – Tim Spector
- Mindfulness – Williams & Penman
- The Chimp paradox – S Peters
- The silent guides – S Peters
- Brain Changer – Felice Jacka
- The Plant power doctor – G Newman
- The Inflamed Mind – E Bullmore
- The Obesity Code – J Fung
- [How Not to Die by Michael Greger, MD, and Gene Stone](#)

Books for patients:

- Living Life to the Full – C Williams
- Reasons to Stay Alive – M Haig
- [How Not to Die by Michael Greger, MD, and Gene Stone](#)

Videos/Podcasts/Websites

Bite sized habits podcast by Dr Heather Mckee

Feel better live more podcast by Dr Rangan Chatterjee

www.pyschwire.com – motivational interviewing videos from Miller/Rollnick & Moyer

You Tube Brene Brown videos on empathy and vulnerability (the short one's)

<https://www.nhs.uk/live-well>

<https://www.nhs.uk/better-health>

<https://www.diabetes.org.uk/>

[Action for Happiness](#)

<https://positivepsychology.com>

<https://phcuk.org/sugar/> - lots of really interesting infographics on the effect of carbohydrates on blood sugar

<https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA> - yoga with Adriene

<https://www.youtube.com/watch?v=Kl0rmx7aa0w> – how to tame your advice monster

[1 Public health need and practice | Behaviour change: general approaches | Guidance | NICE](#)

[heee0715a.pdf \(employment-studies.co.uk\)](#)

[Title \(employment-studies.co.uk\)](#)

[Realising the Value | Nesta](#)

[Case Study 13.pdf \(sagepub.com\)](#)

[Community of Practice | Better Conversation](#)

[Health coaching is effective. Should you try it? - Harvard Health](#)

[ILG-1.1-Improvement-Knowledge-and-Skills.pdf \(england.nhs.uk\)](#)

[Pain Management | Totally Health](#)

[Nutrition and Hydration week | Totally Health](#)

<https://my.livewellwithpain.co.uk>

<https://www.ukhealthcoaches.com>

Research papers

[Applying the COM-B model to creation of an IT-enabled health coaching and resource linkage program for low-income Latina moms with recent gestational diabetes: the STAR MAMA program | SpringerLink](#)

[Beyond Behavior | Proceedings of the 2019 CHI Conference on Human Factors in Computing Systems \(acm.org\)](#)

[Full article: Coaching skills for medical education in a VUCA world \(tandfonline.com\)](#)

[Complexity and Health Coaching: Synergies in Nursing \(hindawi.com\)](#)

[Development and initial testing of a Health Confidence Score \(HCS\) | BMJ Open Quality](#)

[Do Interventions Designed to Support Shared Decision-Making Reduce Health Inequalities? A Systematic Review and Meta-Analysis \(plos.org\)](#)

[Does health coaching improve health-related quality of life and reduce hospital admissions in people with chronic obstructive pulmonary disease? A systematic review and meta-analysis - Long - 2019 - British Journal of Health Psychology - Wiley Online Library](#)

[Effect of telephone health coaching \(Birmingham OwnHealth\) on hospital use and associated costs: cohort study with matched controls | The BMJ](#)

[Evaluating the Effect of a Diabetes Health Coach in Individuals with Type 2 Diabetes - ScienceDirect](#)

[Health changing conversations: clinicians' experience of health coaching in the East of England \(nih.gov\)](#)

[Health Coaching and Chronic Obstructive Pulmonary Disease Rehospitalization. A Randomized Study | American Journal of Respiratory and Critical Care Medicine \(atsjournals.org\)](#)

[Health Coaching for Patients With Chronic Illness -- FPM \(aafp.org\)](#)

[Health coaching with long-term conditions | Practice Nursing \(magonlinelibrary.com\)](#)

[Integrative Health Coaching: An Organizational Case Study - ScienceDirect](#)

[Preventive health coaching: is there room to be more prescriptive?: International Journal of Health Promotion and Education: Vol 54, No 2 \(tandfonline.com\)](#)

[What Happens After Health Coaching? Observational Study 1 Year Following a Randomized Controlled Trial | Annals of Family Medicine \(annfammed.org\)](#)

[Why is changing health-related behaviour so difficult? \(nih.gov\)](#)

[Health coaching: a necessary role for medical students? - ScienceDirect](#)

[Adherence: are you asking the right questions and taking the best approach? - The Pharmaceutical Journal \(pharmaceutical-journal.com\)](#)

[Better Conversation Resource Guide](#) – not so much a research paper but a resource guide but contains links to papers as well

Selfcare/inspiration

Dr Andy Cope & Andy Whittaker – The Art of Being Brilliant

Dr Andy Cope & Gavin Oates – Shine

<https://drchatterjee.com/blog/category/podcast/> (great website hundreds of interesting podcasts)

details of his books/ good reads for all.

[Three Good Things | Practice | Greater Good in Action \(berkeley.edu\)](#)

<https://www.oxfordmindfulness.org>

Apps:

Calm or headspace for meditation