

## **Core Skills sessions**

In this session you will learn about:

- The impact of health inequalities
- Communication skills
- Health coaching approaches.

You will gain expert tips and advice tailored to your needs and a chance to practice in small friendly groups.

May dates:

- [Wednesday 07/05/2025- 1.15pm-4.30pm- Book here](#)
- [Tuesday 20/05/2025- 9.15am-12.30pm- Book here](#)

## **Quality Conversations for Leaders**

- Focus on how to support the workforce more effectively and compassionately.
- Learn how to apply coaching in conversations as a leader.
- Develop skills to improve engagement, well-being, and compassion at work.

May dates:

[Tuesday 13/05/2025- 9.15am-12.30pm- Book here](#)