CARE Model for health and wellbeing conversations-coaching questions

The 4 boxes below are a suggested structure for a coaching conversation to support wellbeing, chose questions from each area you feel are appropriate. You can use this model to support your Supervision conversations.

1. Connect

How are you feeling?

What is impacting on your health and wellbeing at the moment?

What effect is this having – physically, emotionally, mentally?

Where would you like your health and wellbeing to be right now? Identify any areas to prioritise – eg managing worry, moving more, feeling more connected to people.

2. Accept

Accept this the current state-be kind to yourself!

Review -what has led to feeling like this?

Ask what is within and what is outside of your control to either feel better – or feel even better?

What has been tried in the past that has worked?

What makes you feel better at the moment?

3. Reflect

Have you had any conversations with others about your health and wellbeing?

What opportunities are there to increase your health and wellbeing- tools, activities, information, etc.?

What support is available right now?

4. Empower

How do you create time/space to focus on this?

How motivated are you?

What might get in the way and how will you deal with that?

Who will you ask for support?

When will we check in again?

What one thing will you do in the next 24 hours to move forward with your wellbeing?

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CARE Model for health and wellbeing conversations-resources

I connect Health and Wellbeing Pages- including how to connect with a Mental Health First Aider and SCS counselling and our Digital Wellness Library

People.nhs.uk- National NHS Wellbeing site with self help tools for resilience and reflection and access to free apps Headspace, Unmind, Sleepio and Daylight

NHS Staff Support Help and Text Line- 0300 131 7000 or text FRONTLINE to 85258

Every Mind Matters- NHS Mental Health site with tips for wellbeing during Covid 19

Coaching Support- Contact kmpt.training@nhs.net

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