

Hepatitis C Life Coaching Programme

Materials, travel costs, lunch and certificates of achievement will be provided.

Wk	Time	Date	Session Details
1	1 - 4	Monday 7 th June	<ul style="list-style-type: none"> Introductions and overview of programme Group ground rules Myth-busting HCV Introduction to HCV self-management principles Problems that HCV causes Current barriers to progress Action planning and starting to set small goals
2	1 - 4	Monday 14 th June	<ul style="list-style-type: none"> Goal feedback Protecting yourself and others Introduction to negative thinking and destructive behaviours The power of positive thinking Discrimination and disclosure Setting small goals
3	1 - 4	Monday 21 st June	<ul style="list-style-type: none"> Goal feedback Managing negative thinking Managing emotions such as anger, guilt and shame Managing depression Working on abilities and strengths Setting small goals
4	1 - 4	Monday 28 th June	<ul style="list-style-type: none"> Goal feedback Introduction to healthy eating and liver friendly foods Introduction to physical activity and exercise Managing stress and anxiety and other HCV symptoms such as fatigue Making decisions about treatment Setting small goals
5	1 - 4	Monday 5 th July	<ul style="list-style-type: none"> Goal feedback Building your support network Relationship-building with healthcare professionals Communication skills and assertiveness Peer support Setting small goals
6	1 - 4	Monday 12 th July	<ul style="list-style-type: none"> Goal feedback Problem-solving Barriers to change Self-sabotage Compliments Setting small goals
7	1 - 4	Monday 19 th July	<ul style="list-style-type: none"> Goal feedback Goal setting and action planning for the future Motivation and change Review in the form of WRAP model geared towards HCV Starting your peer support group Self-assessment Programme evaluation

