

Preparing for the Future of Healthcare
12 Steps: Opportunities for Action

The following 12 steps provide a range of possible actions for the different stakeholders within the healthcare system. We believe a collaborative approach is one which is most likely to deliver sustained long-term impact on health and wellbeing.

Healthcare sector leaders & commissioners

1.	Commission further research to explore the impacts of health coaching using qualitative and quantitative methods to provide more evidenced-based data.
2.	Collaborate across the healthcare sector and with professional coaching bodies, research centres, and coaching organizations for coaching program development support and for research purposes.
3.	Design programmes to support the development of health coaching in appropriate settings.
4.	Develop a team of health coaching champions to encourage routine use of coaching and build a coaching culture within health sector organizations.

Clinicians and healthcare professionals

5.	Use a health coaching approach and mind-set shift to interact differently with patients and colleagues.
6.	Change roles from expert to enabler to move responsibility away from fixing to facilitating behavior change.
7.	Adopt a coaching approach for own personal development and resilience building.
8.	Contribute to the evidence-base

Patients

9.	Engage in health coaching to improve self-efficacy, empowerment and ownership of one’s own health and wellbeing.
10.	Shift mind-set away from seeing healthcare professionals as experts which have all the answers to viewing the relationship as a partnership for health.

Professional coaches, education centers, coaching organizations, and professional coaching bodies

11.	Share best practice with, and provide support to, the healthcare sector.
12.	Support the training, accreditation and supervision of healthcare professionals as coaches

Reference: Elsevier Health (2022). Clinicians of the Future – Report 2022.
https://www.elsevier.com/___data/assets/pdf_file/0004/1242490/Clinician-of-the-future-report-online.pdf