



healthcreation

# Health Coaching for People with Cancer

*with Integrative Cancer Specialist  
Dr Rosy Daniel BSc MBBCh*

## Our CPD course includes

Advanced  
cancer  
education and  
coaching skills

3 Half-Day  
Masterclasses  
led by Dr  
Rosy Daniel

20 Hours  
UKIHCA -  
Approved  
CPD  
Training and  
Home Study

Group  
Practice  
Sessions with  
Lead Trainer  
Sue Caden

[www.healthcreation.co.uk](http://www.healthcreation.co.uk)

# Cancer is now affecting 1 in 2 people during their lifetime in the UK!

People facing a cancer diagnosis have to cope with the initial shock and fear, a greatly changed sense of their future, a tough 'illness journey,' choosing and facing their treatments, and then with the right support, an all important 'wellness journey' to get them well protected and into better health and wellbeing than ever before.

Want to help people through their cancer journey?

Start your application

[Click here!](#)



Dr Rosy Daniel has been one of the leaders of the holistic cancer help movement since joining the Bristol cancer Help Centre (now Peny Brohn UK) in 1985. She has helped thousands of people to transform the crisis of cancer into an opportunity to live a happier, healthier and more fulfilled life.

She now offers a series of Masterclasses to Health Coaches wishing to develop advanced skills to empower them to walk this journey alongside people with cancer so that they are fully supported and get the best outcomes possibly, physically, emotionally and spiritually.

# Course Aims

- To prepare the health coach to help people to face and cope positively with the diagnosis, symptoms, and treatment of cancer during their 'illness journey'
- To provide the health coach with the skills and knowledge to help those with cancer set up empowering self-help 'wellness journey' based upon evidence based practices
- To support the health coach to understand their own feelings and beliefs about cancer, death and dying and their need for active self-care when coaching people with cancer
- To develop advanced coaching skills to support, motivate and turn people around who are facing their mortality and loss of the future they anticipated to an enriched future based upon more authentic self-expression and greater meaning and purpose



UK & INTERNATIONAL  
HEALTH COACHING ASSOCIATION

Approved  
CPD Course

The next course will run over four morning sessions fortnightly between May and June 2024 and includes 3 practice group sessions to apply your knowledge in a peer setting.

## Upcoming Course Dates:

- **Session 1** - Saturday 25th January 2025
- **Session 2** - Saturday 8th February 2025
- **Session 3** - Saturday 22nd February 2025
- **Session 4** - Saturday 8th March 2025

Want to book an introductory chat?  
[Click here!](#)

Want to start your application?  
[Click here!](#)



# Learning Outcomes

## 01

### Session 1 - Saturday 5th October 2024

- Know what cancer is and how it is treated conventionally within orthodox medicine
- Understand the physical and emotional stages of a cancer journey and how people react to the cancer diagnosis and treatments offered
- Learn how to coach for both the illness and the wellness phases of the cancer journey
- Know and recognise the 11 key needs of people with cancer at their times of peak vulnerability as identified in the research of Dr Rosy Daniel and colleagues in the study 'Meeting the Needs of People with Cancer for Support and Self-Management'.
- Defining our coaching objectives for people with cancer.

## 02

### Session 2 - Saturday 19th October 2024

- Study the evolution of scientific evidence for self-help and support of people with cancer
- Learn coaching skills to identify the state and needs of the person with cancer in order to meet and resource the 11 key needs
- Learn how to modify our coaching style for people with the different coping styles defined by Dr Steven Greer and the healthcare values of our client
- Understand our own reaction to cancer and the work we may need to do ourselves before coaching people with cancer, and for supervision and active self-care when doing this work
- Have looked at our own relationship to death and dying and how this could affect our coaching of people with cancer



## 03

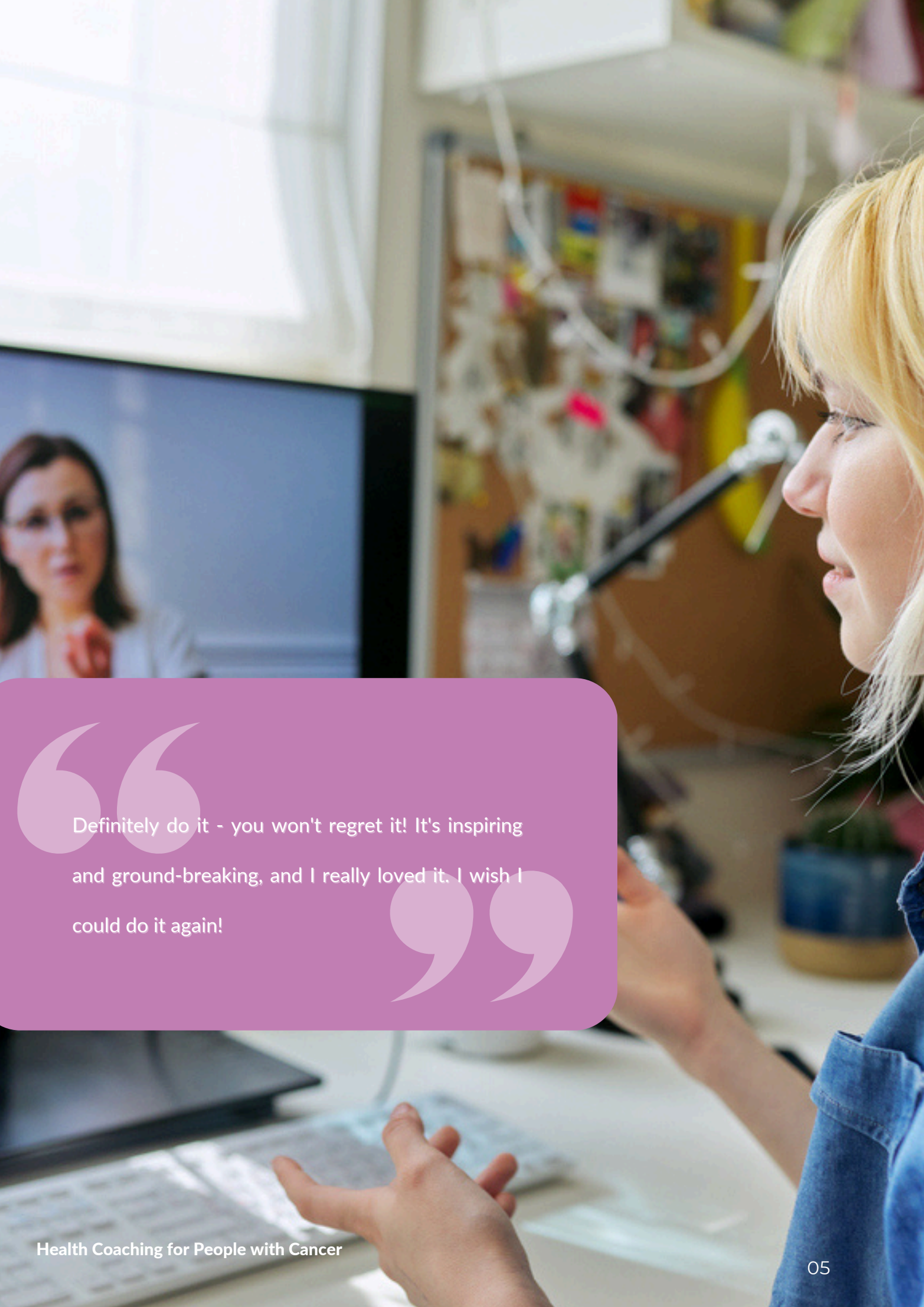
### Session 3 - Saturday 2nd November

- Know the difference between Orthodox Medicine, Integrative Medicine, Lifestyle Medicine, Complementary Therapies, Psycho-spiritual help, Alternative Treatments and Self-Help for cancer
- Study in overview the range of Nutritional approaches to cancer and the benefits and conflicts this can create
- Clarified how to stay within the health coaching scope of practice when coaching people with cancer
- Identified the resources available for people with cancer for support and self-help

## 04

### Session 4 - Saturday 16th November

- Understand how to help transform the crisis of cancer diagnosis into an opportunity for major health and life revival which may have greater health and healing potential for them than the life they were leading before
- Understand the ways in which coaches can help people to prepare consciously for death and dying.



“

Definitely do it - you won't regret it! It's inspiring and ground-breaking, and I really loved it. I wish I could do it again!

”



“

If you want to feel confident in working with people with cancer, this is the course to take. The amount of valuable information you get and Rosy's wisdom and experience is incredible. She's an amazing person to learn from. I feel so ready to help people with cancer now.

”

# Enrolment and Course Fees

The process of joining the next Health Coaching for People with Cancer cohort is simple.

- Complete your **application form** and agree to our terms and conditions
- Payment of course fees in full or by payment plan
- Commence your study of the Health Coaching for People with Cancer course via Zoom with Dr Rosy Daniel

Want to start your application?  
**[Click here!](#)**

**The Fee for the Health Coaching for People with Cancer CPD course is:** £395 comprising of four fortnightly workshops with Dr Rosy and three practice group sessions to apply your knowledge in a peer setting.

We would like to offer a **10% Discount for UKIHCA and Health Creation members.**

**This fee may be paid in full with payment plans available.**

The Entry Criteria is that participants must be Qualified Health Coaches or Coach Trainees looking for specialist health coaching skills



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# We look forward to welcoming you on board!

We look forward greatly to meeting you and welcoming you on board to begin your Health Coaching for People with Cancer course. We sincerely hope that the information provided within our course prospectus has answered all of your questions, however, if there is anything you would like to discuss further, please do reach out to us at [support@healthcreation.co.uk](mailto:support@healthcreation.co.uk).

With our warmest wishes  
*Dr Rosy Daniel, Sue Caden  
and the Health Creation Team*

Want to start your application?  
[Click here!](#)

We'd love to connect with you, you can find us on:  
[Facebook](#)  
[Instagram](#)  
[LinkedIn](#)



*Together we can help to make health,  
not illness the norm within society!*



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