**Recommended Reading and Useful Websites**

**Unit 1 –** The principles and concepts of health coaching

<https://www.england.nhs.uk/wp-content/uploads/2020/03/health-coaching-implementation-and-quality-summary-guide.pdf>

<https://www.hee.nhs.uk/our-work/health-coaching>

<https://www.england.nhs.uk/personalisedcare/supported-self-management/approaches/>

<https://www.personalisedcareinstitute.org.uk/>

**Unit 2 -** The wider determinants of health and health inequality

<https://www.gov.uk/government/publications/health-profile-for-england/chapter-5-inequality-in-health>

<https://www.england.nhs.uk/about/equality/equality-hub/resources/>

<https://www.kingsfund.org.uk/topics/health-inequalities>

<https://www.bma.org.uk/collective-voice/policy-and-research/public-and-population-health/health-inequalities>

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthinequalities>

<https://publichealthmatters.blog.gov.uk/category/priority2/health-inequalities-priority2/>

<https://www.npa.co.uk/wp-content/uploads/2018/09/Spolight-on-Health-Equality.AW_..pdf>

<https://www.college-optometrists.org/the-college/policy/see-the-gap-health-inequalities.html>

<https://www.mentalhealth.org.uk/publications/health-inequalities-manifesto-2018>

<https://fingertips.phe.org.uk/profile/health-profiles>

**Unit 3 -** Theories of behaviour change and principles of motivational techniques

<https://www.kingsfund.org.uk/sites/default/files/field/field_document/motivation-confidence-health-behavious-kicking-bad-habits-supporting-papers-anna-dixon.pdf>

<https://www.bps.org.uk/news-and-policy/listing/policies-and-impact/behaviour-change-briefings>

<http://behaviourchange.org.uk/>

<https://www.rcn.org.uk/clinical-topics/supporting-behaviour-change/motivational-interviewing>

<https://www.verywellmind.com/health-belief-model-3132721>

<http://www.thensmc.com/content/what-social-marketing-1>

<https://local.gov.uk/sites/default/files/documents/changing-behaviours-publi-e0a.pdf>

<http://www.behaviourchangewheel.com/about-wheel>

<https://www.verywellmind.com/the-stages-of-change-2794868>