

# Introduction to Person-Centred Approaches 'What Matters to You' Workshop

## What matters most to you?

Health and social care are moving away from asking “What’s the matter with you” to “What matters to you” (WMTY). This is a central principle that lies at the heart of person-centred care. This workshop is centred around how to set-up and have a really good, ‘WMTY’ conversation and why it is so important.

We will teach you how you can adopt a coaching mindset and use coaching techniques to practice having a really good WMTY conversation, and consider how you can utilise this at work, home or with friends.

This sort of conversation, and the associated coaching skills, sits at the heart of person-centred organisations. Everyone has a role in setting up organisations that think and operate like this. We believe working in a person-centred organisation improves your quality of life, and the life of people you support.

## Objectives of the Workshop

- Engage you in a case for change towards a person-centred approach.
- Understand coaching approaches that can enable person-centred care.
- Learn by experience, using the WMTY conversation as an example
- Appreciate the role coaching to enhance your own resilience, as well as those you support
- Consider how these approaches could fit in their specific workplace
- Generate interest in, and plan for further learning.

## Who is the workshop for?

This introduction has a broad appeal across all levels of expertise and experience, frontline staff, professional practitioner, administration, leaders and management. No prior knowledge is necessary and some short pre-course reading will be supplied, to support your learning.

# Introduction to Person-Centred Approaches

## What you can expect

This 3-hour workshop is interactive and practical. We use memorable exercises and examples to stimulate your thinking and interest in coaching. This course is being offered across Sheffield's health and social care landscape, so expect to learn with an interesting mix of people from a range of settings. We will build on previous local training, like trauma informed thinking and Make Every Contact Count. There will be opportunity to further develop your skills, in follow on courses for those most interested.

## When is it happening?

This is a 3-hour workshop held virtually on the video conferencing app [Zoom](#). The dates and times of the workshop are as follows:

- Wednesday 11<sup>th</sup> November, 2pm – 5pm
- Wednesday 18<sup>th</sup> November, 2pm-5pm

Participants are only expected to attend one of the dates above.

## How do I register?

To register onto one of the workshop dates, participants should complete and return the booking form attached to [acp.sheffield@nhs.net](mailto:acp.sheffield@nhs.net) at least two-days prior to start-date of registered workshop.