healthcreation

Health Coaching for People with Cancer

with Dr Rosy Daniel BSc MBBCh



Train to become a Specialist Cancer Coach with UK's Coaching Pioneers

- Advanced cancer coach education and coaching skills
- 4 Half-Day Masterclasses led by Course Leader Dr Rosy Daniel
- 20 Hours UKIHCA Approved CPD Training and Home Study
- Tutorial Practice Sessions with Course Tutor Sue Caden

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

Health Coaches can make all the difference, gently supporting people through the shock and trauma of diagnosis and onwards, to cope positively with their challenges of their 'illness journey.'
More than that, specialist cancer coaches can turn people around, getting them focussed on their 'wellness journey,' helping them to engage with and sustain new health giving and life-affirming behaviours which strengthen them in body, mind and spirit.
This is brave, profound and privileged work, meeting people at their most vulnerable moment when real change is most possible. To explore this wonderful training opportunity, please meet **Course Leader, Dr Rosy Daniel**.

Would you like to help people through their cancer journey?

Start your application
Click here!



Do you wish to speak to Dr Daniel before making your decision? Email us at
support@healthcreation.co.uk
with your phone number and preferred contact times, and we will be in touch.

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

She now offers Masterclasses to Health Coaches and Cancer Health Professionals wishing to develop advanced coaching skills to become a Specialist Cancer Coach. Her Springer paper 'The Case for integration of Health Coaching in Oncology' published in Current Oncology Reports July 2025 calls for routine inclusion of health coaching within oncology, as the evidence for improved medical and psychological benefits are so strong. **Read the paper here.**



UK & INTERNATIONAL
HEALTH COACHING ASSOCIATION
Approved
CPD Course

Course Aims

- To prepare the trainee to help people to face and cope positively with the diagnosis, symptoms, and treatment of cancer during their 'illness journey'
- To provide the trainee with the skills and knowledge to help those with cancer set up an empowering self-help 'wellness journey' based upon evidence based practices
- To support the trainee 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 the loss of the future they anticipated to an enriched future based upon more authentic self-expression and greater meaning and purpose
- To prepare coaches to have sensitive conversations about the end of life and the beliefs and needs that people have when facing their mortality and making preparations for the end of life

Course Award

- Cancer Coaching Foundation Certificate

Course Dates

The course will run fortnightly between January 30th and March 17th, consisting of four Saturday afternoon Sessions, followed by four Wednesday evening Practice Tutorials to apply your knowledge with fellow trainees.

Saturday January 30th 2 - 6pm and Wednesday February 3rd 7 - 8pm
Saturday February 13th 2 - 6pm and Wednesday February 17th 7 - 8pm
Saturday February 27th 2 - 6pm and Wednesday March 3rd 7 - 8pm
Saturday March 13th 2 - 6pm and Wednesday March 17th 7 - 8pm

Want to start your application?
Click here!



Learning Aims

Section 01

Orientation for the study of Specialist Cancer Coaching

Learning Aims

To understand the role, purpose, competencies and of specialist cancer health coaching within oncology and its evolution within integrative cancer care.

To be familiar with the evidence base, professional standards, and potential practice settings for cancer coaching.

To clarify course expectations, assessment criteria, and professional pathways.

Section 02

Health Coaching Skills and Knowledge

Learning Aims

To consolidate core health coaching competencies and ensure readiness for specialist application in oncology.

To apply advanced communication and behaviour change approaches in cancer-specific contexts.

To assess client needs in relation to their cancer journey, resilience, coping style, and healthcare values.

Support authentic decision-making, assertiveness, and advocacy in healthcare interactions.

To apply knowledge of lifestyle medicine, self-help approaches, psychoneuroimmunology and epigenetics to support client health.

Deliver resilience-building, transformational coaching in cancer contexts.

Recognise when clients require referral to medical or therapeutic professionals.



Section 03

The Illness Journey

Learning Aims

To develop cancer-specific knowledge to coach clients through diagnosis, treatment, survivorship, and end-of-life stages, understanding the points of greatest vulnerability and how best to support people at these times

To help people to prepare to get the best treatment outcomes; and to understand the symptoms and treatment side effects and the self-help approaches that can help

To navigate healthcare systems and signpost relevant resources, recognising red flags that require urgent referral and support clients in communicating effectively with healthcare teams.

To know about the medical, complementary, lifestyle medicine, integrative medicine, psycho-spiritual, alternative medicine and community resources that people will discover.

To learn how to help people to prepare consciously for death and dying.

Section 04

The Wellness Journey

Learning Aims

To understand the holistic model of health and wellbeing and its application in cancer recovery.

To know how to support clients in adopting safe and effective nutrition, physical activity, mind-body and energy-based practices and therapies that enhance resilience and healing.

Facilitate emotional and spiritual healing, helping to find renewed meaning and purpose in living with stronger will to live.

Provide motivational support to sustain long-term engagement in health-promoting behaviours.

To understand how to help transform the crisis of cancer diagnosis into an opportunity for major health and life revival based on new authentic values and life priorities



Section 05

Professional, Ethical, and Safety Competence and Personal Development

Learning Aims

To learn how develop personal emotional and spiritual resilience to stay present in client's distress.

To learn how to deliver safe, ethical, and culturally competent cancer coaching practice

To create the foundation for the professional, personal, and spiritual development of the coach, maintaining continuous professional development and staying updated on cancer-related evidence

To know the scope of practice for specialist cancer coaches to maintain professional boundaries

To apply GDPR and confidentiality principles in cancer coaching

To collaborate effectively with multidisciplinary professionals

To demonstrate cultural competence and sensitivity to diverse beliefs and health literacy



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 from Rosy's 40 years of wisdom and experience as a holistic cancer doctor is incredible. She's an amazing person to learn from.

I feel so ready to help people with cancer now.

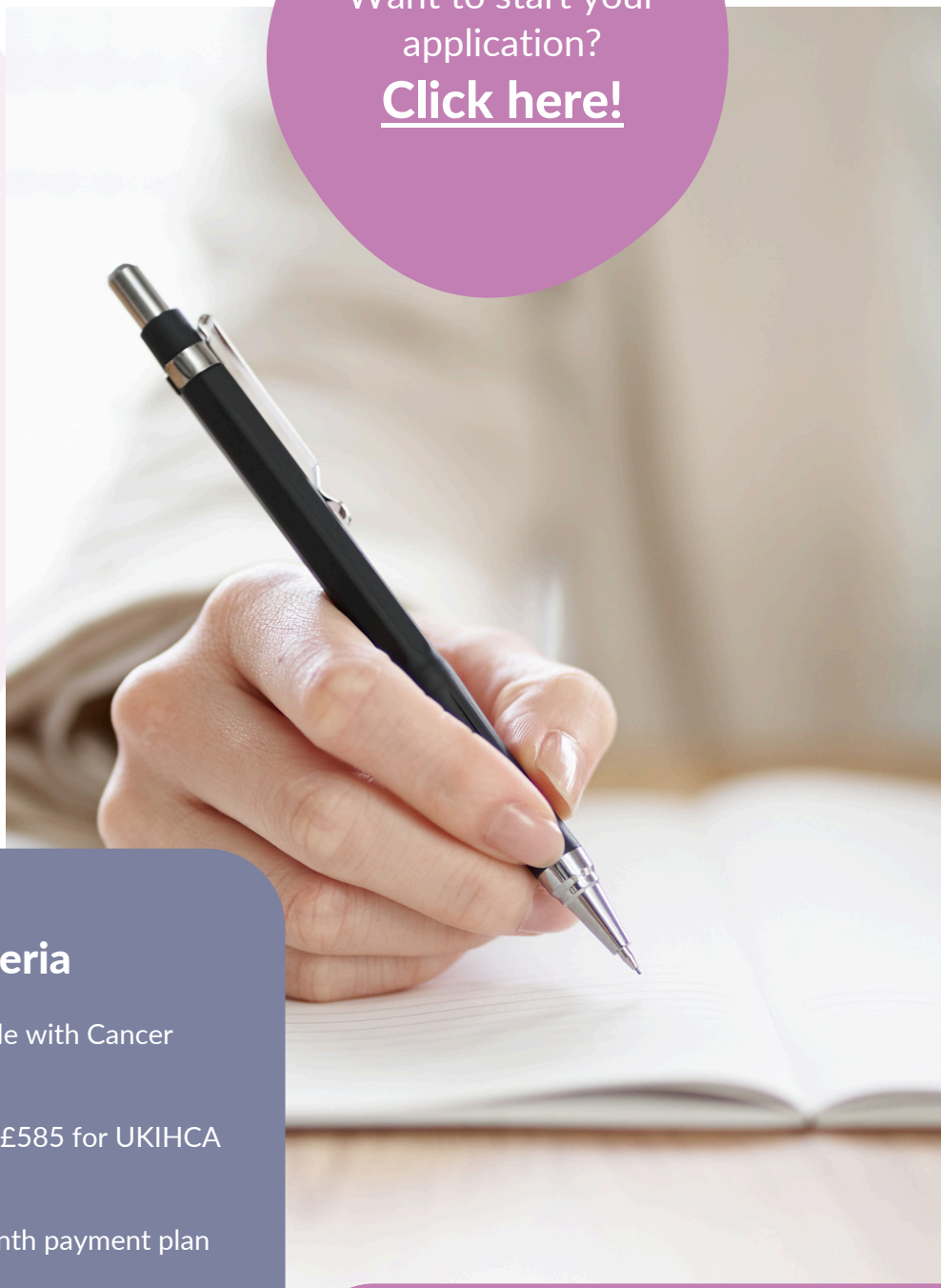
Christine 2024

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 in live sessions on Zoom with Dr Rosy Daniel and Sue Caden.

Want to start your application?
Click here!



Course Fees and Entry Criteria

The Fee for the Health Coaching for People with Cancer CPD course is £650

We would like to offer a 10% Discount to £585 for UKIHCA and Health Creation Mentors

This fee may be paid in full or with a 3 month payment plan

Course Entry Criteria is that participants must be either:

- Qualified Health Coaches
- Coach Trainees
- Cancer Health Professionals
- People with cancer who have personal experience of holistic cancer approaches

Do you wish to speak to Dr Daniel before making your decision? Email us at **support@healthcreation.co.uk** with your phone number and preferred contact times, and we will be in touch.

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 to arrange a chat.

With our warmest wishes,
Course Leader, Dr Rosy Daniel
Course Administrator, Tegan Pace

Want to start your application?
Click here!

We'd love to connect with you, you can find us on:
Facebook
Instagram
LinkedIn

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Approved CPD Course

Together we can make the shift from ***Passive*** *Health Care to* ***Proactive*** *Health Creation*

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