

# Clinicians CHEF Coaching



## Learning objectives

### Participants will be able to:

- Discuss common barriers to home cooking and explore alternative cooking skills to help address those barriers.
- Provide client-centered culinary knowledge and skills, and empower clients to set culinary goals.
- Improve their own culinary confidence and skills, and maximize time spent cooking, thus improving their personal health.
- Use remote culinary resources for the improvement of their own and their clients' culinary behaviors.

## Content

### Skill development sessions include:

- Introduction to Lifestyle Medicine & Culinary Medicine
- Why Doesn't my Patient Cook?
- The Nutritional Science of Home Cooking\*
- Mitigating Cardio-Metabolic Risk Factors\*
- Cooking with Little Time or Budget\*
- Getting Patients (Even Reluctant or Unskilled Cooks) Into the Kitchen
- Mastering Home Cooking\*
- In-Office Culinary Education Tools and Delivery Strategies
- Mastering the Culinary Health Education Fundamentals (CHEF) Coaching

\* These sessions also include recipes, introduction to new cooking techniques, and several tips to improve your home cooking!

## **Small group practice: Put everything together!**

Improve your own home cooking and your CHEF Coaching skills in small groups led by program faculty. Limited to 6 participants per small group!

- Explore new culinary practices in your own kitchen.
- Practice “CHEF Coach” strategies with your colleagues.
- Improve your competencies to prescribe nutrition through reflections with the group facilitator.
- Delivered by videoconference so you can attend from anywhere in the world!

**The small group sessions provide participants with remote culinary training aimed at improving their culinary skills and kitchen workflow.**

## **Faculty**

**Edward M. Phillips, MD**, Assistant Professor, Harvard Medical School

**Rani Polak, MD, MBA, Chef, Health coach**, Research Associate, Harvard Medical School

**Shirley Garrett**, Medical exercise specialist, Chef, Health coach

**Jane Barg**, Health Coach, Chef

The program is approved by  for 18-hour continuing education credits

## **Schedule: Our Remote Program**

### **Skill development sessions**

Five 90-minute biweekly tele-classes on one of the following dates:

- Tuesdays, 8.00-9.30p ET: meet biweekly from September 12<sup>th</sup> to November 7<sup>th</sup>

(Program changes / substitutions may be made without notice)

## **Small group practice**

Five 75-minute biweekly small group practice sessions on one of the following dates:

- Group 1: Mondays, 7.00-8.15p ET: meet biweekly from September 18<sup>th</sup> to November 13<sup>th</sup>
- Group 2: Tuesdays, 8.00-9.15p ET: meet biweekly from September 19<sup>th</sup> to November 14<sup>th</sup>
- Group 3: Wednesdays, 8.00-9.15a ET: meet biweekly from September 20<sup>th</sup> to November 15<sup>th</sup>
- Group 4: Thursdays, 12.00-1.15p ET: meet biweekly from September 21<sup>th</sup> to November 16<sup>th</sup>

## **Schedule: Our Hybrid Program**

Our hybrid program combines the virtual classroom with an onsite learning experience.

SAVE THE DATE!

One day prior to the Harvard Lifestyle Medicine conference, on June 21, 2018, we'll host a live one-day Certificate of Completion training, followed by small group practice via videoconference.

**New! Our hybrid program is approved by Harvard Medical School for Continuing Medical Education credits!**

## **Pricing & Registration - Remote Program**

18 hours of live tele-classes combined with remote small group practice.

- Cost: \$1,045
- Early bird rate of \$845 is available until July 31.
- *Registration:* [www.spauldingrehab.org/education-and-training/chefs-coaching](http://www.spauldingrehab.org/education-and-training/chefs-coaching)

## **Pricing & Registration - Hybrid Program**

10 hours of live onsite experience, combined with 8 hours of live remote small group practice.

Registration will be opened soon!

(Program changes / substitutions may be made without notice)

**Our programs usually sell out well in advance of the course start date. To be assured a spot in the current program, early registration is strongly advised.**

**Training graduates will earn “*Certificate of Completion in Culinary Coaching*” from the  
Institute of Lifestyle Medicine**

### **Further questions?**

[Click here](#) to review an introduction session with Dr. Polak, or join a live one-hour introduction Q & A sessions by videoconference.

Thursday August 10<sup>th</sup>, 8:00p ET

To register for one of the Q&A sessions, please visit: <http://bit.ly/ChefCoachQA>

For more information, please contact:

Phone: (617) 651-2433

Email: [chefcoaching@instituteoflifestylemedicine.org](mailto:chefcoaching@instituteoflifestylemedicine.org)



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