

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 client to set culinary goals.
- Improve their own culinary confidence and skills, and time spent cooking, thus improving their personal health.
- Use remote culinary resources for the improvement of both 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

* Culinary talks which 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

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 12th to November 7th

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

(Program changes / substitutions may be made without notice)

Schedule: Our Hybrid Program

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

One day prior to the [Harvard Lifestyle Medicine conference](#), on June 8, 2017, we'll host a live one-day Certificate of Completion training, followed by small group practice via videoconference.

Skill development sessions

- Onsite: June 8th, Boston (Tools for promoting health change pre-conference)

Exciting! Our onsite component was approved for CME credits by Harvard Medical School

Small group practice

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

- Group 1: Mondays, 7.00-7.15p ET: meet weekly from July 17th to August 14th
- Group 2: Tuesdays, 8.30-9.45p ET: meet weekly from July 18th to August 15th
- Group 3: Wednesdays, 12.00-1.15p ET: meet weekly from July 19th to August 16th
- Group 4: Wednesdays, 8.00-9.15p ET: meet weekly from July 19th to August 16th
- Group 5: Thursdays, 9.00-10.15a ET: meet weekly from July 20th to August 17th
- Group 6: Fridays, 10.00-11.15a ET: meet weekly from July 21st to August 18th

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

Pricing & Registration - Hybrid Program

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

- Two separate costs and registrations (both required for certification):
 1. Onsite component: \$345. Early bird rate of \$295 is available until April 30.

Registration for the onsite component:

<http://www.lifestylemedicine.hmscme.com/registration-information> (select

Culinary Health Education Fundamentals (CHEF) Coaching – The Basics)

2. Small group practices: flat rate of \$565.

Registration for the small group practice:

www.spauldingrehab.org/education-and-training/chefs-coaching

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?

We are offering two one-hour introduction Q & A sessions by videoconference. Pick the date that works for you.

- Tuesday July 18th, 10:00a ET
- Thursday August 10th, 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



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