|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Lesson 1  The importance of a person-centred approach  [Component 3, C1, Health and well-being improvement plans] | Lesson 2  Recommended actions to improve health and well-being  [Component 3, C1, Health and well-being improvement plans] | Lesson 3  Short- and long-term targets  [Component 3, C1, Health and well-being improvement plans] | Lesson 4  Sources of support  [Component 3, C1, Health and well-being improvement plans | Lesson 5  Potential obstacles to implementing plans  [Component 3, C2, Obstacles to implementing plans] |
| Lesson 6  Emotional/psychological obstacles  [Component 3, C2, Obstacles to implementing plans] | Lesson 7  Time constraints  [Component 3, C2, Obstacles to implementing plans] | Lesson 8  Availability of resources  [Component 3, C2, Obstacles to implementing plans] | Lesson 9  Unachievable targets  [Component 3, C2, Obstacles to implementing plans | Lesson 10  Lack of support  [Component 3, C2, Obstacles to implementing plans |
| Lesson 11  Barriers to accessing identified services  [Component 3, C2, Obstacles to implementing plans] | Lesson 12  Component 3: assessment practice  Preparation for assessment  [Component 3, C1 and C2, Person-centred health and well-being improvement plan]  End of learning aim | Lesson 13  Preparation for assessment: practice SAM questions  [Component 3, C1 and C2, Person-centred health and well-being improvement plan]  End of learning aim | Lesson 14  Sessions 14-18 to be used to complete the final supervised assessment | Lesson 15 |