

# Lifestyle Medicine and Health Coaching Masterclass

## TYPE 2 DIABETES AND MAJOR DEPRESSION

James Cook University warmly invites you to an interactive continuing professional development (CPD) masterclass - Lifestyle Medicine and Health Coaching (Type 2 Diabetes and Major Depression).

### ABOUT LIFESTYLE MEDICINE AND HEALTH COACHING

Lifestyle medicine is the evidence-based practice of nutrition, fasting, movement, sleep, mind-body approaches like meditation, relaxation therapy and breathwork, substance reduction, social connection, social prescribing, connection to our natural world combined with behaviour change skills like health coaching, technology and translational research. Fundamentally it is about whole-of-person care that adds years to life, and life to years.

Health coaching and the science of behaviour change are emerging skills that can be used by all health professionals to help people achieve a higher level of well-being and performance both personally and professionally. The goals of health coaching include improved physical and mental health outcomes and a number of important biopsychosocial factors including lifestyle behaviours, engagement, confidence, satisfaction, self-efficacy and sense of purpose.

### ABOUT THE MASTERCLASS

In this masterclass you will be led by Australia's leading educators in the fields of lifestyle medicine and health coaching. In particular we will focus on the lifestyle medicine domains, practical health coaching skills and service implementation considerations in the prevention, treatment and when possible remission of two common chronic conditions - type 2 diabetes and major depression disorder.

### WHO CAN ATTEND?

This masterclass is open to all health professionals including but not limited to nurses, medical doctors, dietitians, exercise physiologists, physiotherapists and psychologists.

**COST:** \$450.00 for the workshop.

Existing JCU postgraduate Lifestyle Medicine students may attend at a discounted rate of \$250. Please email us at [cpd.health@jcu.edu.au](mailto:cpd.health@jcu.edu.au) for the discount code.

### DATE & TIME:

Saturday 7th October 2023 (9.30am to 5pm)  
to Sunday 8th October 2023 (8.30am to 1.30pm)

**LOCATION:** JCU Brisbane (349 Queen Street, Brisbane City)

**REFRESHMENTS:** A healthy morning tea, lunch and afternoon tea will be provided.

**SOCIAL EVENTS:** An optional social dinner will be held on Saturday night (in addition to the workshop ticket price) and a group run/walk on Sunday morning.

### INDUSTRY ACCREDITATION AND ENDORSEMENT:

- **Australasian Society of Lifestyle Medicine (ASLM):** Endorsement from ASLM will be applied for.
- **Australian College of Rural and Remote Medicine (ACRRM), and Royal Australian College of General Practitioners (RACGP):** JCU will apply for the activity to be recognised as an accredited activity with ACRRM and RACGP.
- **Australian Primary Health Care Nurses Association (APNA):** Endorsement from APNA will be applied for.
- **Dieticians Association:** This masterclass can count towards your CPD hours if it aligns with your learning goals.
- **Health Coaches Australia and New Zealand (HCANZA):** Use this masterclass to gain hours towards full health coaching accreditation.

Places are limited. To secure your spot, [register now](#).

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### PRESENTERS

#### *Dr Sam Manger*

Dr Sam Manger is a General Practitioner with a focus on lifestyle medicine and mental health. He is the Academic Lead and Senior Lecturer of the postgraduate suite (Master, Graduate Diploma, Graduate Certificate) in Lifestyle Medicine at James Cook University College of Medicine and Dentistry and GP Training. Dr Sam is the immediate past president of the Australasian Society of Lifestyle Medicine, and he is an ambassador for Equally Well Australia, and Advisory Group member of the RACGP Shaping a Healthy Australia project. Dr Manger also hosts The GP Show podcast for health professionals, and was awarded RACGP QLD GP of the Year in 2021.

#### *Sharon Curtain*

Sharon Curtain is a HCANZA Certified Health Coach and Accredited Dietitian with twenty five years experience spanning across education, clinical and corporate nutrition. Sharon is passionate about training health professionals and all health workers in the skills of health behaviour change, and advocating for health coach training and recognition in Australia. She developed, wrote and taught the nationally recognised Diploma of Health Coaching, and is a VET Certified Trainer and Assessor and trained facilitator.

Sharon lectures at James Cook University in the Lifestyle Medicine courses, is an Advanced Nutrition course mentor for Ulleo, and is a Professional Member and Board Member of Health Coaches Australia & New Zealand Association (HCANZA). Sharon currently delivers online health coaching training courses to health professionals and non health professionals via Accredited Health Coaching Australia.



#### *Dr Jill Gamberg*

Dr Jill Gamberg is a General Practitioner, Health Coach, and Lifestyle Medicine Physician. She completed Bachelor degrees in Biology and Exercise/Athletic Therapy. She was a Certified Canadian Athletic Therapist and worked with the Canadian Olympic Judo Team before attending medical school at UNSW and completing her GP and Lifestyle Medicine Fellowships.

Dr Jill is a Senior Lecturer in the postgraduate programs at James Cook University College of Medicine and Dentistry, and she has her own Lifestyle Medicine and Health Coaching business. Dr Jill is part of the Australian Society of Lifestyle Medicine Education Committee and is completing her Masters of Applied Science in Coaching Psychology at the University of Sydney in 2023.

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