



SCOPE OF PRACTICE HCA HEALTH AND WELLNESS COACHES

The Health Coaches Academy are on a mission to make a significant and lasting impact to the health, wellness and happiness of people globally.

Our vision is for people and communities everywhere to be inspired to want the very best from their lives, and by adopting healthy habits and behaviours, reduce the burden of chronic lifestyle diseases that the world faces today.

Titles

Health and Wellness Coaches may go by a variety of different titles, depending on their training and specific area of focus. Some common titles include:

- Health and Wellness Coach
- Health Coach
- Holistic Health Coach
- Health and Nutrition Coach
- Healthy Lifestyle Coach
- Behavioural Health Coach

A Health and Wellness Coach is a professional who works with clients to help them achieve their health goals, improve their overall wellbeing, and make sustainable lifestyle changes. Health coaches focus on empowering clients to take charge of their health by providing guidance, support and accountability.

A Health and Wellness Coach understands and respects that each client is an expert on their own life and is a non-judgemental ally, supporting, educating and motivating them to find sustainable ways to break through resistance in their journey to whole health.

Health Coaches work with clients so they can become the healthiest and happiest versions of themselves. They do this by working with individuals and groups in a client-centred process to facilitate and empower the client to develop and achieve self-determined goals related to health and wellness.

Health Coaches support clients in mobilising internal strengths and external resources, and in developing self-management strategies for making sustainable, healthy lifestyle, behaviour changes.

Health Coaches work across all areas of Health and Wellness including:

- Nutrition – real, unprocessed food and optimal hydration
- Exercise and movement
- Stress management
- Sleep

- Self-care
- Social Support and connection
- Meaning and purpose

What Health and Wellness Coaches Do

The specific responsibilities of a Health and Wellness Coach can vary, but some common tasks include:

- Understanding a client's health and lifestyle: Health and Wellness Coaches typically begin by conducting an initial review of a client's current health status, lifestyle, and health goals. This helps them to tailor their coaching to the specific needs of each client.
- Based on the review, Health and Wellness Coaches work with clients to develop personalised health plans that include specific goals and action steps to achieve those goals.
- Providing education and resources: Health and Wellness Coaches help clients learn about healthy eating, exercise, stress management, and other areas related to health and wellbeing. They may also provide resources such as recipes, plans, and educational materials.
- Offering support and accountability: Health and Wellness Coaches provide ongoing support and accountability to help clients stay motivated and on track with their health goals. This may include regular check-ins, encouragement and problem-solving.
- Where appropriate and with permission, a Health and Wellness Coach will liaise with other health professionals to ensure the appropriate support is provided. This may also extend to referrals to trained health professionals for specific advice or consultation and, if requested, to facilitate the introduction.

Overall, the goal of a Health and Wellness Coach is to help clients make sustainable lifestyle changes that improve their overall health and wellbeing.

Health Coaches do not diagnose conditions, prescribe treatments, or provide psychological therapeutic interventions.