

## Health Coach Scope of Practice

### What Health Coaches do:

- Health Coaches work with individuals and groups in a person-centred process to encourage the patient or client to discover what they want to achieve, and to develop and achieve self-determined goals related to health and wellness.
- Support patients and clients in mobilising internal strengths and external resources to help identify changes needed.
- Support patients and clients in developing self-management strategies for making sustainable, healthy lifestyle behaviour changes.
- Help the client or patient recognise issues that are creating barriers to making healthy changes.
- Health Coaches may provide expert guidance in areas in which they additionally hold active, nationally recognised credentials.
- As partners and facilitators, Health Coaches support patients or clients in achieving their health and wellness goals through science-based behaviour change models.
- Assist clients to use their insight, personal strengths and resources, goal setting, action steps and accountability toward healthy lifestyle change.
- These goals are based on the patient's or client's own goals and are consistent with treatment plans as prescribed by their Primary Care Physician and/or Allied Health Professional.

### What Health Coaches do not do:

- Health Coaches do not diagnose conditions, prescribe treatments or medications, or provide psychological therapeutic interventions.
- Encourage the client to adopt the coach's own philosophies.
- Judge a client.
- Coerce or control the client.
- Use their own experience to influence any decisions.
- Take ownership of the client's results.

*Adapted from the Health Coaches Australia & New Zealand Scope of Practice*