

# Changing Lane

## Scope of Practice – Health Coaching

Health Coaching may include meeting with an individual, a group, writing blogs or articles, presenting as part of webinars, conferences and education events, and/or being part of relevant online forums and discussion groups.

### Health Coaching

- ✓ Health coaches work with individuals and groups in a person-centred way to facilitate and empower the client to develop and achieve their goals related to health and wellness.
- ✓ Coaching supports clients to find their internal strengths and external resources to develop self-managed strategies for making sustainable, healthy, lifestyle and behaviour changes.
- ✓ Health coaching supports people to achieve their health goals and behavioural change and aligns with relevant treatment plans prescribed by the clients professional health care providers.
- ✓ Coaches assist clients to use their insight, personal strengths and resources, goal setting, action steps and accountability toward healthy lifestyle change and may offer supporting resources from nationally and internationally recognised authorities, such as current government and public health guidelines and peer-reviewed sources.
- ✓ Supporting the client with any health goals as directed by the clients' GP, Health Worker, Consultant or Dietician.
- ✓ Offering stress management and relaxation techniques to assist with clients' wellbeing.

### Nutrition Coaching

Giving basic advice on supplements and diets, with referral to the clients GP for consent.

### **Health Coaches will not:**

- assessing symptoms
- diagnosing conditions
- interpreting lab results
- giving specific dietary advice
- remove food groups
- prescribing treatments or therapeutic interventions (including nutritional)
- making claims to prevent or cure any condition

