



Scope of Practice

Health Coaching

- 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.
- Supporting clients in mobilising internal strengths and external resources, and in developing self-management strategies for making sustainable, healthy lifestyle, behaviour changes.
- Supporting clients in achieving health goals and behavioural change based on the clients' own goals and consistent with treatment plans as prescribed by individual clients' professional health care providers.
- 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 client' 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.