

MyMT™ Menopause Practitioner Course

A note to Health Coaches about your scope of Practice



A note from Dr Wendy Sweet (PhD)

‘Health coaching is the practice of health education and health promotion within a coaching context to enhance the well-being of individuals and to facilitate the achievement of their health-related goals. (Palmer et al, 2003). Many Health Coaches may also have other professional qualifications, so here at MyMT™ we encourage and teach Health Coaches to remain within their current Scope of Practice when putting their learning from this course into practice.

‘Scope of practice’ refers to the boundaries of the process of health coaching and the rules that must be followed when engaging in anything related to health and wellness coaching, whether it be writing a blog, giving a webinar, coaching a group or an individual, speaking at educational events and communicating in online forums, meetings, with colleagues, peers and other health care professionals.

MyMT™ supports both the National Board of Health and Wellness Coaching (NBHWC) definition and scope of practice of Health Coaches as well as the United Kingdom & International Health Coaches Association (UKIHCA) definition of a Health Coach and the Scope of Practice as set out by the respective organisations.’

Dr Wendy Sweet (PhD)

MyMT™ Founder & Member: Australasian Society of Lifestyle Medicine

NBHWC definition:

‘Health and Wellness Coaches partner with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and, thereby, enhance well-being. In the course of their work health and wellness coaches display unconditional positive regard for their clients and a belief in their capacity for change, and honoring that each client is an expert on his or her life, while ensuring that all interactions are respectful and non-judgmental.’

Read more here: <https://nbhwc.org/scope-of-practice/>



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UKIHCA definition:

- *Health coaches work 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*
- *Coaches support clients in mobilising internal strengths and external resources, and in developing self-management strategies for making sustainable, healthy lifestyle, behaviour changes.*
- *As partners and facilitators, health coaches support their clients in achieving health goals and behavioural change based on their clients' own goals and consistent with treatment plans as prescribed by individual 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.*
- *Coaches must unless otherwise credentialed and able to do so legitimately, avoid giving specific personal health advice, but may offer a client direction to health and wellness information and resources from nationally/internationally recognized, robust evidence-based and peer-reviewed authorities, so that clients can draw their own conclusions, gain confidence and a sense of empowerment.*

Read more here: <https://www.ukihca.com/scope-of-practice>

