

ACCREDITED HEALTH COACHING AUSTRALIA

HEALTH COACH TRAINING COURSE OVERVIEW

HOW TO BECOME AN ACCREDITED HEALTH COACH IN
AUSTRALIA AND NEW ZEALAND



ACCREDITED
HEALTH COACHING
AUSTRALIA

ACCREDITED HEALTH COACHING AUSTRALIA HEALTH COACH SPECIALIST & MASTERY TRAINING



PATHWAY TO BECOMING A HEALTH & WELLNESS COACH

The need for Health Coaching in Australia and Worldwide

The profession of Health Coaching arose from a need to find a solution to our ongoing global health crisis. This profession is a much needed resource in preventative health and continues to grow in popularity as preventable lifestyle based conditions such as obesity, diabetes and cardiovascular disease increase demand on the resources of the current health care system.

Health coaches are specialists in behaviour change trained to :

- empower clients to achieve a healthier lifestyle
- support clients to harness their motivation to make lasting changes and feel their best
- provide support and accountability
- support clients to create an action plan that suits their preferences and lifestyle
- guide clients towards credible information and resources.

Whether a client's goal is manage their lifestyle, nutrition or medical condition, a health coach can support them to make changes to their behaviour that they are motivated to achieve and can sustain.

Raising the standard of Health Coaching in Australia

Prior to the the launch of the Health Coaching Australia New Zealand Association (HCANZA) in 2020 there was no regulation of, or standard for health coaching. The only reference was the American Health Coaching standards. HCANZA has now introduced a 'gold standard' of health coaching, stipulating the criteria that a course must meet in order to qualify as a 'HCANZA approved course'. These are based on the International Coaching Foundation (ICF) Competencies and are nationally recognised in Australia and New Zealand.

Meeting HCANZA requirements

Accredited Health Coaching Australia has designed two courses that together meet the ICF competencies and have been assessed by HCANZA as meeting the approved course criteria for the equivalency pathway. This provides individuals with a background in health the opportunity to join HCANZA as professional members.

Individuals who do not have a health background must complete 40 hours of training in health and lifestyle in addition to meeting the coaching criteria in order to gain the opportunity to join HCANZA as professional members.

The 'Health Coach Specialist' course is a professional certificate aimed at health professionals and individuals passionate about health who want to effectively support clients to change behaviours and create positive health habits. A number of models from behavioural psychology are covered including motivational interviewing, positive psychology, appreciative inquiry, transtheoretical model of change, self determination theory and cognitive behaviour therapy. Completion of this course offers graduates the opportunity to join HCANZA as associate members.

Course fee: \$1800 (payment plans available)

Format:

The Health Coach Specialist Training provides online learning modules plus weekly webinars to practice the skills

- 10 training modules (available online to access at your convenience)
- 10 weekly webinars (recording available on demand)
- 2 bonus review webinars (skill consolidation, peer to peer coach and trainer feedback)
- Practice coaching sessions and feedback
- Downloadable handouts and client resources

Course modules:

Principles and mindset of health coaching

- Health behaviour change principles, models and techniques
- Coaching approach and mindset

Relationship building skills

- Foundations of empathy, trust and awareness
- Encouraging curiosity and autonomy
- Effective communication, active listening and powerful questioning

Readiness to change

- Assessing readiness to change behaviour/s
- Communication strategies to match readiness
- Tailored approaches to increase readiness

Motivation and importance

- Strategies to increase motivation to change
- Values and strengths identification
- Dealing with 'difficult' clients and discord

Building confidence and overcoming barriers

- Assessing and planning for barriers
- Enhancing facilitators of health change
- Identifying gaps in support, skills and knowledge

Supporting clients to set goals and take action

- Setting SMART goals and developing an action plan
- Methods of tracking, accountability and evaluation
- Review and follow up

The 'Health Coach Mastery' Course is a professional certificate which offers participants the opportunity to develop their behaviour change skill competency to a mastery level. Participants will become proficient and confident running discovery, initial and review sessions with clients at every stage of change.

'Health Coach Mastery' is suitable for those who have completed the Specialist training, are experienced practitioners in MI or have completed behaviour change workshops or short courses. This course also bridges the gaps identified by HCANZA for other health coaching courses and supports participants to build confidence as they master the process of health coaching.

Professional Membership of HCANZA

Upon completion of this course along with a successful assessment against the ICF competencies, graduates are eligible to join HCANZA as professional members gaining national recognition and insurance to practice as accredited health coaches.

Course fee: \$1500 (payment plans available)

Format:

This course includes

- 12 weekly group mentoring sessions with opportunities to ask questions, discuss case studies, practice with peers and obtain trainer feedback.
- Downloadable resources, handouts and client resources.
- Optional reading and coaching challenges
- Unlimited email access to your trainer for support.
- Three 1-1 mentoring sessions with your trainer to receive private tutoring and feedback.
- Assessment against ICF competencies to become eligible for full HCANZA membership

Course Modules:

- Advanced communication: strengthening the OARS
- Powerful questions to evoke change talk, promote growth and awareness
- Noticing and amplifying resonance and energy shifts
- The role of positive psychology and appreciative enquiry
- Sharing observations, insights and feelings to create new learning
- Harnessing intuition - exploring hunches, noticing patterns
- Evoking awareness- challenge & explore beyond current thinking
- Self regulation - triggers and managing strong emotions
- Mindset: supporting the client in reframing perspectives
- Coaching for specific health concerns
- Managing tricky clients and discord
- The coaching dance - flexibility, adjusting approach
- Managing the coaching process - logistics, expectations, suitability
- Business tips - setting up a coaching business and your coaching programs

HEALTHY LIFESTYLE AS MEDICINE



COURSE OVERVIEW

'Healthy Lifestyle as medicine' is a fully on-line, self paced course which addresses the key components of lifestyle and the role they play in health. Stress, sleep, work/life balance, alcohol, nutrition and movement are covered, as well as the common lifestyle based conditions and diseases. Included are strategies to manage lifestyle, national guidelines for nutrition and physical activity, credible sources and best practice guidelines for managing medical conditions, as well as useful apps, websites and resources.

HCANZA:

Meets the HCANZA requirement for 40 hours of learning in healthy lifestyle. This plus the Specialist and Mastery gives participants eligibility to join HCANZA as a professional member, able to be insured and nationally recognised as an accredited health coach.

Course fee: TBC (payment plans available)

Format (TBC):

This course includes

- 12 eModules
- Downloadable resources, handouts and client resources.

Course Modules:

- Sleep as Medicine
- Impact of Stress
- Improving Energy
- Work-Life Balance
- Focus on Self Care
- Positivity
- Mindset & Mindfulness
- Nutrition as medicine
- Movement as medicine
- Medical conditions managed by diet and exercise
- Impact of alcohol and smoking

Note: this course is under construction: Expected date of release is May 2021.

PATHWAYS AND RECOGNITION OF PRIOR LEARNING

The Diploma of Health Coaching

Completion of the Health Coach Specialist and Mastery will provide graduates with recognition of prior learning in to the coaching subjects in The Diploma of Health Coaching.

Completion of other health coaching/behaviour change training

Graduates of health coaching programs who do not meet the HCANZA criteria or who are competent/experienced in health behaviour change but do not have a qualification recognised by HCANZA can complete the Mastery course alone in order to gain eligibility to join HCANZA at the professional level and become insured and nationally recognised.

GOVERNMENT FUNDING, CONCESSIONS AND VET FEE HELP

Both the specialist and mastery professional certificates are private certifications. Only courses that accredited as part of the Vocational Education and Training or the Higher Education System are eligible for Government subsidies.

EVIDENCE BASED TRAINING BY EXPERIENCED TRAINERS

Written and taught by experienced health professionals, the Health Coach Specialist and Mastery are evidence based qualifications designed according to the ICF standards and carefully considered to meet the emerging demands for health coaching in the health industry.

While scientifically based these qualifications are strongly focused on the practical application of coaching concepts to ensure you have a strong foundation knowledge as well as the confidence and skills you need to establish yourself as a health coach.

HCANZA CRITERIA FOR APPROVED COURSES

- A minimum of 60 hours of learning in health and wellness coaching- 40 of the hours must have been live, synchronous learning.
- Students must have the opportunity to experience peer to peer coaching around health and wellness goals with feedback from qualified trainers in real- time.
- Students must undertake a live practical assessment where they demonstrate foundational coaching concepts to a reasonable standard as set out by a defined check list that assessor will use that reflects core coaching competencies. They are assessed as pass/fail.

HCANZA approved courses can be viewed at <https://hcanza.org/programs/approved-programs/>



Health Coaches
AUSTRALIA & NEW ZEALAND ASSOCIATION

COURSES WRITTEN BY EXPERIENCED HEALTH COACHES AND DIETITIANS



ABOUT US

WHY WE STARTED ACCREDITED HEALTH COACHING AUSTRALIA

As dietitians who have worked in clinical and corporate settings we know first hand the difference that health coaching can make to client results and practitioner satisfaction.

At Accredited Health Coaching Australia, our goal is to empower you with the skills, experience and confidence to transform your client health behaviours and your own, as you adopt a true client centred approach.

Written and delivered by health professionals, Accredited Health Coaching Australia courses have been designed to meet the high standards required for program accreditation by HCANZA.

You'll become well versed in the science of health and behaviour change and coaching psychology to assist you in supporting clients to achieve sustainable health behaviours and outcomes.

Fully online and flexible, we support you with practical webinars, 1:1 coaching, trainer feedback and mentoring to ensure you master the core coaching skills for success.

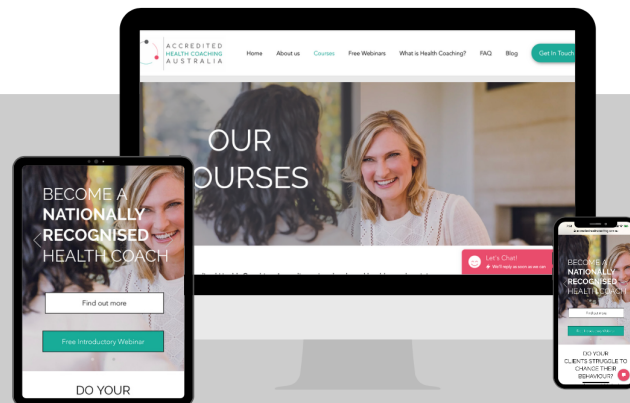
Sharon Curtain & Shivaun Conn

BECOME A NATIONALLY RECOGNISED HEALTH COACH



INTRODUCING

Accredited training courses in behaviour change



BECOME A BEHAVIOUR CHANGE SPECIALIST

Contact us

For more information:

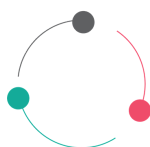
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