

BETTER HEALTH CO.

Accredited Certificate in Health Coaching

Powered by Better Health Company and accredited through
Health Coaching Australian and New Zealand (HCANZA)



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What is health coaching?

Health coaching is a professional pathway to help guide people towards healthier lifestyles. It involves leveraging evidence-based techniques like motivational interviewing and goal setting to support clients in sustainable health behaviour change.

While providing health advice and information is important, health coaching involves guiding and supporting clients to identify their strengths, values, and motivations, as well as addressing barriers to change. Health coaching uses health behaviour change theories to build motivation and promote self-determination and self-efficacy.



About this course

At Better Health Company, we offer a nationally accredited training program designed to equip you with the skills and knowledge necessary to master the art of health coaching. It is an industry-validated program approved by and aligned to the Health Coaching Australia and New Zealand Association (HCANZA) health coaching standards.

Our training program has been developed by experienced health professionals working in the industry. Whether you're a seasoned healthcare professional seeking to enhance your practice or an aspiring community health worker eager to make a meaningful impact, our training program can help you incorporate health coaching skills into your practice.

What will I learn?

Better Health Company's accredited health coach training program provides you with comprehensive knowledge and skills in health coaching, underpinned by evidence-based behaviour change theories and government guidelines for healthy eating and movement.

You will learn:

- Theoretical foundations and practical skills for effective health coaching.
- Strategies for guiding and supporting clients through behaviour change.
- Understanding of healthy lifestyle foundations, including nutrition, physical activity, and emotional wellbeing.
- Identification and management of health risk factors and chronic conditions.
- Techniques for structuring successful coaching sessions.

Course structure

The course structure is designed to be flexible and accessible, fully delivered online with a combination of weekly, self-paced online learning content followed by live facilitated learning labs. Participants will engage in activities, discussions, peer support, and mentoring sessions.

The course covers various domains essential for health coaching:



Course learning journey

Complete Better Health Company's Accredited Certificate in Health Coaching over 3 months. This course meets the 2023 Health Coaching Australia and New Zealand (HCANZA) Approved Course requirements.

Week	Topic	Self-paced Online Learning	Live Learning lab	Weekly commitment
Welcome and coaching compliance				
1	Introduction & coaching compliance The essential legal, ethical and scope of practice requirements of health coaches.	5hrs	5hrs	10hrs
Coaching theories and tools				
2	Coaching theories and tools The underlying theories and tools used by coaches to influence health behaviours of clients.	10hrs	5hrs	15hrs
Coaching skills framework				
3	Coaching skills framework- part 1 An introduction to health coaching foundations including establishing the client coach relationship, self-preparation and empathy and rapport building.	5hrs	5hrs	10hrs
4	Coaching skills framework- part 2 Identify how to master motivation, possibility and goal setting with clients.	5hrs	5hrs	10hrs
5	Coaching skills framework- part 3 Discover effective strategies to navigate barriers with clients to promote problem solving and self-efficacy. This week also looks at collaborating and tracking progress with clients.	5hrs	5hrs	10hrs

Healthy lifestyle content

6	Healthy lifestyle foundations The current evidence-based health promoting and disease prevention protocols, how to communicate these and work with clients to improve health outcomes.	12hrs	5hrs	17hrs
7	Chronic conditions An overview of common chronic conditions, how different factors can contribute to the development of these conditions, medical red flags and when to refer to services.	12hrs	5hrs	17hrs
8	Social and behavioural risk factors An overview of the impact of social and behavioural risks, the impact of these risks on the health of individuals and communities, medical red flags and when to refer to services.	11hrs	5hrs	16hrs

Coaching session success

9	Coaching session success How to structure and run a successful coaching session with clients.	5hrs	5hrs	10hrs
10	Putting it all into practice Practical application and assessment overview.	Self-paced revision	5hrs	5hrs

Final assessment

11-12	Assessment week Scheduled final assessment end-to-end coaching session with assessor.	-	2hrs	2hrs
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Learn from health coaches in the industry

Our facilitators are tertiary-qualified health professionals with extensive experience in health coaching and education. They provide expert guidance and support throughout the course, ensuring a high-quality learning experience.

Meet some of our facilitators!



Sarah Lukeis

As a Health Psychologist, Sarah has extensive experience in health coaching, working with adults, children, and adolescents. Sarah has unique experience in clinical, research, and service implementation settings, including the development and coordination of a range of evidence-based resources and programs to support individuals in health behaviour change.

Qualifications: • Master of Psychology (Clinical) • Bachelor of Applied Science (Psychology) (Honours) • Bachelor of Social Science (Psychology)



Isabella Fedele

Isabella is an Accredited Practising Dietitian (APD) registered with Dietitians Australia. With a diverse background spanning various sectors within the health industry, Isabella's expertise extends beyond dietetics to include health coaching. She brings a wealth of experience in crafting innovative approaches to health coaching, tailored to meet the diverse needs of communities across the country.

Qualifications: • Master of Dietetic Practice • Bachelor of Health Science • Certificate IV Training & Assessment



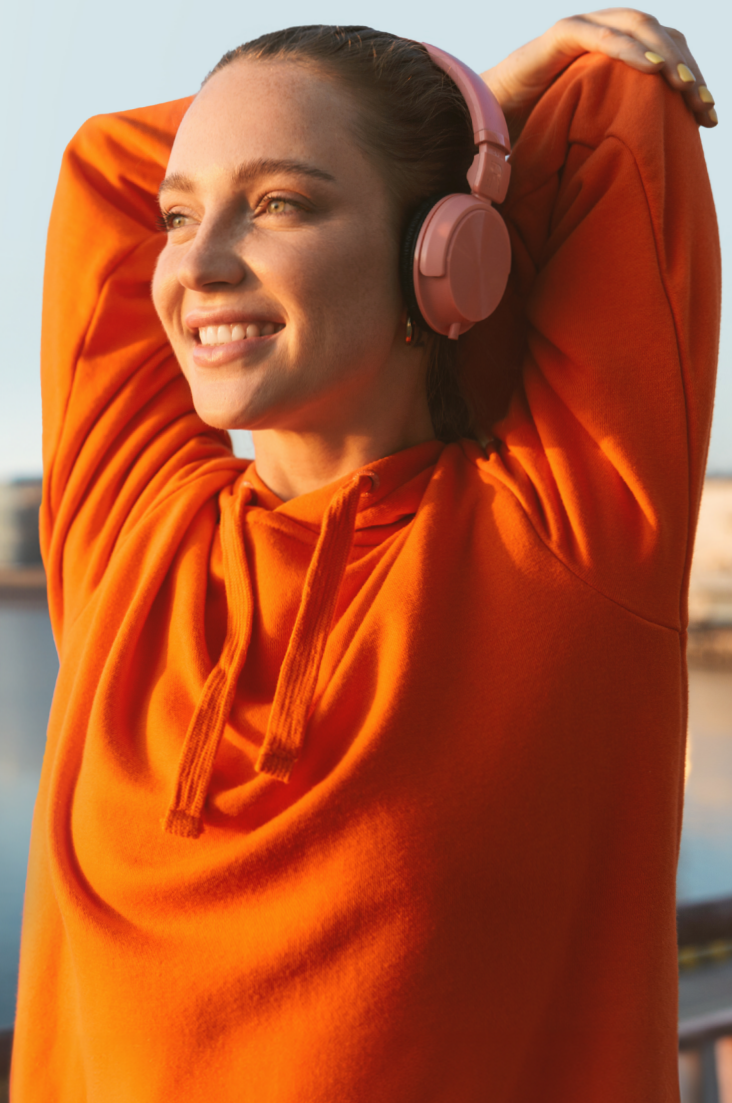
Who is this course suitable for?

Everyone can benefit from incorporating health coaching into their practice. This course is ideal for new graduates with a health background, health professionals, or individuals working in the community who want to develop skills in health coaching to better support their clients.

Are you already working in the health industry?

Better Health Company's accredited health coach training program is designed for existing health and fitness professionals wanting to expand their service offerings.

When you're dual qualified in both health coaching and as a health care professional like a GP or allied health worker, you have an opportunity to incorporate health coaching into your practice to elevate your client care.



Entry requirements

There are no specific entry requirements for this course. However, a background in health-related fields or a passion for promoting health and wellbeing is beneficial.

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Career opportunities

Health coaches have a multitude of career opportunities, ranging from collaborating with allied health or complementary health professionals to offering individual or group coaching in person or online as part of their own coaching business.

Health coaches could work across a wide variety of areas, including:

- Medical teams including hospitals, GPs and allied health clinics
- Health funds and government funded programs
- Corporate health and wellbeing programs
- School health promotion programs
- Fitness centres, wellness centres and spas
- Complementary health and integrative medicine clinics
- Health entrepreneur and individual health coaching businesses

Opportunities are endless when you create a career out of your passion for healthy living and helping other people live healthier, happier lives.

Become an accredited Health Coach through HCANZA



Our course is accredited through Health Coaching Australian and New Zealand (HCANZA), ensuring the highest standards of education and training in health coaching. Upon successful completion of this course, you are eligible to join HCANZA's professional membership program and receive the title 'Accredited Health Coach'.



Who has developed this course?

This course has been developed by a team of health professionals at Better Health Company, and industry subject matter experts.

Sarah Lukeis, Health Psychologist

- Master of Psychology (Clinical)
- Bachelor of Applied Science (Psychology) (Honours)
- Bachelor of Social Science (Psychology)

Isabella Fedele, Accredited Practising Dietitian

- Master of Dietetic Practice
- Bachelor of Health Science
- Certificate IV Training & Assessment

Amy Webster, Accredited Practising Dietitian

- Master of Nutrition and Dietetics
- Bachelor of Science (Nutrition)

Jaimee Craft, Nutritionist

- Bachelor of Health Science (Nutrition)
- Diploma of Leadership and Management
- Certificate IV Training and Assessment

Brooke MacDonald, Exercise and Sports Scientist

- Bachelor of Exercise and Sport Science

Dr. Johanna Lynch, General Practitioner

- Advocate and mentor in whole person care
- Founder of Sense of Safety
- Senior Lecturer at the University of Queensland
- Doctor of Philosophy
- Bachelor of Medicine, Bachelor of Surgery
- Graduate Certificate in Grief and Loss
- Fellow of the Australasian Society for Psychiatric Research
- Fellow of the Royal Australian College of General Practitioners

Amber Gibson, Midwife

- Director of Body, Birth and Baby
- Bachelor of Midwifery



About Better Health Company

At Better Health Company, our mission is to help people live long, happy, healthy lives, and our vision is to lower the incidence and impact of preventable chronic diseases in communities across Australia and the world. We have over 15 years of experience in designing and delivering evidence-based health programs and training courses to better the health of families, workplaces, and communities.

Contact us

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