



MY BEST LIFE
COACHING

Coaching Scope of Practice

Coaches work with individuals and groups in a client-centered process to facilitate and empower the client to develop and achieve self-determined goals related to health and wellness.

Coaches support clients in mobilizing internal strengths and external resources and developing self-management strategies for sustainable, healthy lifestyles and behavioral changes.

Coaches do not diagnose conditions, prescribe treatments, or provide psychological therapeutic interventions. They may provide expert guidance in areas where they hold active, nationally recognized credentials.

As partners and facilitators, coaches support their clients in achieving health goals and behavioral changes based on their client's goals and consistent with treatment plans prescribed by individual clients' professional healthcare providers.

Coaches assist clients in using their insight, personal strengths and resources, goal setting, action steps, and accountability toward healthy lifestyle change.

** Adapted from NCCHWC Health and Wellness Coach Scope of Practice, April 10, 2019*