

CREATING CHANGE IN 15 MINUTE CONSULTATIONS

This self-paced evidence-based training is designed to give health professionals simple tools and strategies to effectively manage clients who are struggling to adopt healthier behaviours. Following the framework provided you can support clients to change behaviour and adopt healthier lifestyles in a time limited consultation. Ideal for general practitioners, practice nurses, and allied health practitioners working in the primary care setting.

THE HEALTH COACH SPECIALIST (Part 1)

The Specialist course is aimed at health professionals as well as health-passionate individuals who want to learn how to change behaviours and habits using a coaching approach. You may be looking to add health coaching to your current offering or integrate health coaching techniques into your consultations. In the Health Coach Specialist Training we address the foundation skills of health coaching, with online learning modules and weekly webinars to practice your skills whilst obtaining live feedback from your HCANZA approved trainers.

THE HEALTH COACH MASTERY (Part 2)

The Mastery Course builds on the skills learnt in the Specialist training. It offers you the opportunity to develop your coaching competency to a mastery level. Additional practice, discussion of case studies, real life examples are discussed as well as addressing practical topics relevant to your career. Completion of this course along with an assessment against the HCANZA competencies provides you the opportunity to join HCANZA as a professional member, with national recognition and ability to obtain professional indemnity insurance.

MONTHLY MENTORING FOR HEALTH COACHES

Facilitated by experienced health coaches, the mentoring program is designed to provide a supportive environment to continue developing confidence and competence via discussion with peers & trainers, to troubleshoot client case studies and continue to deepen your skills, with guest speakers and topics. Each month you can connect with like-minded health coaches to discuss difficult clients and tricky situations, learn, grow and strengthen your network.

SKILLS GAP TRAINING & ASSESSMENT OF COMPETENCY

If you are an experienced health coach but do not have the required certification for HCANZA membership, we offer a process that will:

- assess your competency against the HCANZA coaching competencies
- provide recommendations for skills gap training, if identified
- provide a Certificate of Assessment for HCANZA certification

