

## Health Coach Scope of Practice

Certified Health Coaches are trained to work with individuals and groups in a client-centered process to support their health. They are experts on behavior change and possess the skills required to create trust and rapport with clients. The coaching process empowers clients to draw on internal strengths, develop self-knowledge, and embrace strategies for making lifestyle changes necessary for optimal health. Health Coaches do not prescribe, diagnose, treat, or interpret results; rather they guide, educate, and support clients.