



My Scope of Work

Out of scope	Within scope
Diagnosing a health condition	<ul style="list-style-type: none"> • Helping the client to fully understand their own health and the root causes of any health condition(s) diagnosed by a qualified health professional • Empowering the client to become an expert in their own health and any diagnosed health condition(s)
Treating a health condition or claiming to cure a health condition	<ul style="list-style-type: none"> • Co-creating a health improvement plan in partnership with the client • Setting health and wellness goals together with the client and supporting the client to achieve these • Helping the client to self-manage their symptoms through healthy lifestyle
Giving detailed dietary advice or writing detailed meal-plans	<ul style="list-style-type: none"> • Giving basic guidance on nutrition and lifestyle, in-line with the level and content taught on the course, such as reducing intake of refined sugars • Partnering with a Nutritional Therapist or other qualified professional and referring more complex cases to such a professional where required
Prescribing therapeutic protocols/treatments or nutritional supplements such as vitamins, minerals, herbs or other nutraceuticals	<ul style="list-style-type: none"> • Partnering with other health professionals and referring to such health professionals where relevant • Providing appropriate educational resources relevant to the client's health challenge(s) • Prompting the client to research the interventions related to their health condition(s)
Ordering or interpreting diagnostic tests such as blood, urine or saliva tests	<ul style="list-style-type: none"> • Partnering with other health professionals qualified in diagnostic testing and referring to such health professionals where relevant • Providing appropriate educational resources related to the client's health challenge(s) • Prompting the client to research diagnostic testing related to their health condition(s)

Scope of practice

For further details please visit

www.thehealthcoach.com/health-coaching-scope-of-practice-guidelines