



Health Coaching

Cost & Duration:

- Clients can expect a course of care of 6 coaching sessions usually once a week.
- Standard NYCH fees applies for appointments:
- HCC/Pension/Low Income: \$7.50
- Mid-Income: \$12.00
- High Income: \$40.00
- Fees can be waived if necessary.

Health Coaches

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What is Health Coaching

What is Health Coaching?

Health Coaching is a practical process by which clients are supported to make positive health and lifestyle changes. The Health Coach helps the client to identify areas that they feel ready to work on, set realistic goals, build on strengths, problem solve and address barriers to change.

What ISN'T Health Coaching?

Health Coaching is not counselling or therapy. It is not about 'fixing' the client or giving advice about what they *should* be doing.

What does Health Coaching Involve?

A Health Coaching session involves a one on one consultation with a Health Professional who has been trained as a 'Coach'. The initial appointment takes up to one hour. Follow up sessions may include weekly half hour consultations, or telephone follow-up.

Referrals

How to refer?

Clients can be referred for Health Coaching via Allied Health Intake (by emailing IntakeAlliedHealth@nych.org.au, or phoning the relevant site). Coaching is available at all sites, and you can request a particular staff member if appropriate.

Who to refer?

Health Coaching is ideal for anyone who is ready to make some positive behaviour changes. Clients may have already made some attempts with varying degrees of success. For example, they might be interested in increasing physical activity, changing diet habits, quit smoking, manage stress, or to have more personal time.