



UK & INTERNATIONAL
HEALTH COACHING ASSOCIATION

wall to wall
health coaching
CONVERSATIONS



From Trained to Trusted

Growing confidence, credibility and professional maturity as a health coach

FRIDAY 19 JUNE

Growing confidence, credibility and professional maturity as a health coach:
A practical, reflective workshop for health coaches

Dr Caroline Gibson

MBChB DFSRH MRCGP DipBSLM/IBLM UKIHCA-RHC FBSLM

GP, Lifestyle Medicine Physician, UKIHCA Registered Health Coach & Coaching supervisor.

ILM Level 7 diploma in coaching.

ILM Level 7 diploma in coaching supervision.

Co-founder & Director of LifeMed Community: www.lifemedonline.com

Founder of Castle Health & Coaching.

20+years' medical experience.

Regional Lead NEY area and Fellow of the British Society of Lifestyle Medicine.

Portfolio of roles as a GPwER in LM, sessional GP, coach, health coach supervisor, including Coaching roles both within the NHS & private practice



Growing confidence, credibility and professional maturity as a health coach: *A practical, reflective workshop for health coaches*

Samantha Buckland

UKIHCA-RHC

BSc Hons Pharmacy, PgC, PgD

UKIHCA Registered Health Coach, Pharmacist

Level 5 diploma in health coaching

Director of Standards, Education & Training, UKIHCA

25+years' pharmacy experience, including 22+years' education & training

Post-graduate qualifications in medicines management & prescribing studies

Statement of Teaching & Proficiency trained facilitator & education supervisor

Held portfolio of roles across community, primary care, hospital and academic pharmacy sectors, community and private health coach and an active volunteer



What is the difference between being trained...

...and feeling trusted?

Am I doing this right?

Am I experienced enough?

What do I do when [something difficult] comes up?

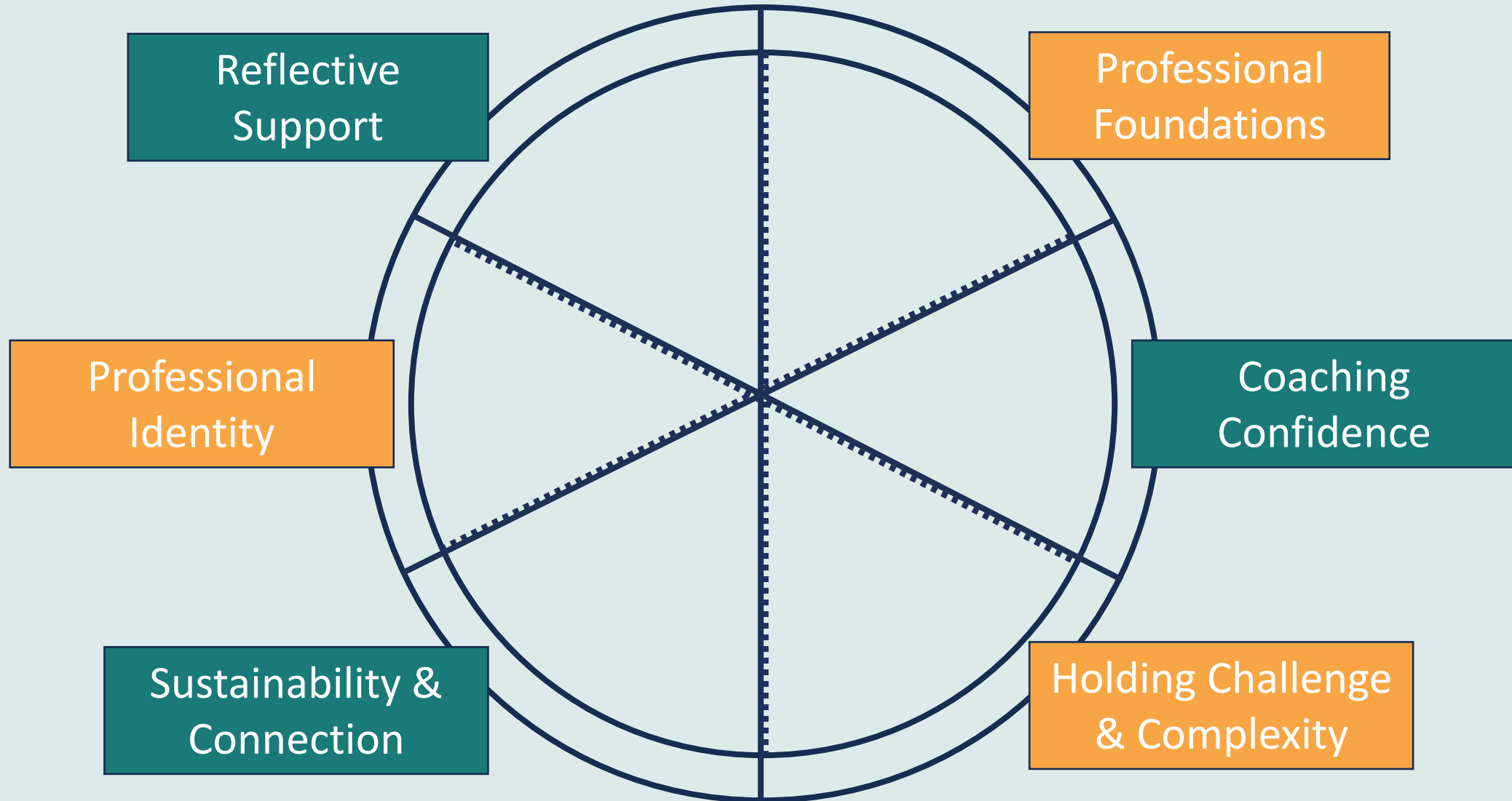
How do I become more confident?

How do I stop second-guessing myself?

**How do I grow into the health
coach that I want to become?**



Professional Maturity Wheel



Reflection – in a pair

What helps your confidence grow?

What sometimes gets in the way?

What is professional maturity?

Definition....?



What do professionally mature coaches do?

- Scope of practice
- Boundaries
- Standards
- Ethics
- Safe practice



- Coaching skills
- Confidence in sessions
- Practice hours
- Coaching experience



Holding Challenge and Complexity

- ‘Difficult’ topics
- Mental Health overlap
- Emotional load
- Uncertainty
- Avoiding rescuing
- Staying in scope



- Supervision
- Reflective Practice
- Peer reflection
- Access to help
- Blind spots
- Continued Growth



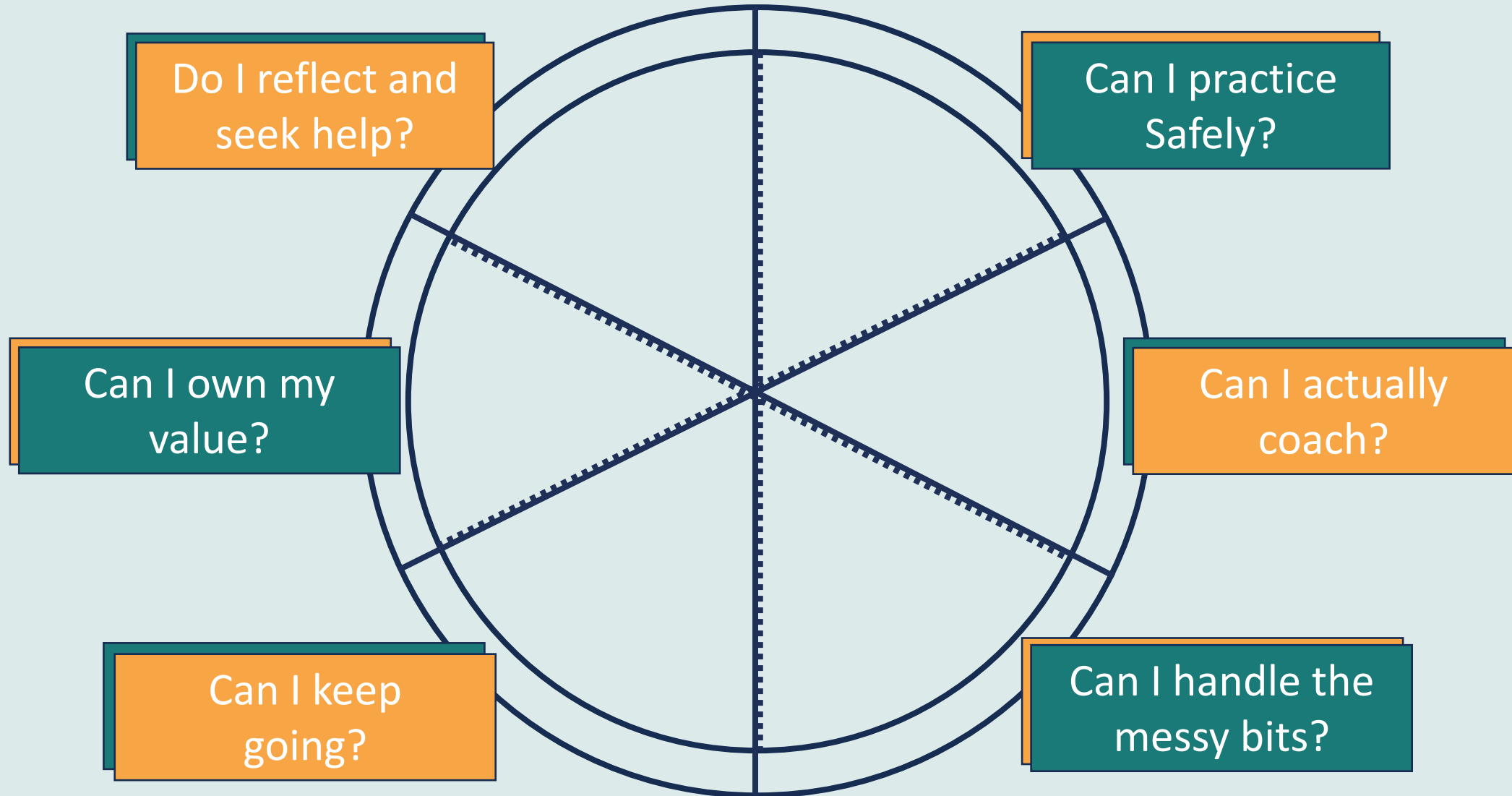
- Confidence in your identity
- Confidence in presenting yourself professionally
- Credibility
- Communicating value
- Visibility



- Community
- Belonging
- Support
- Sustainable practice
- Opportunities
- Realistic growth



What is professional maturity?



You don't have to do this alone!

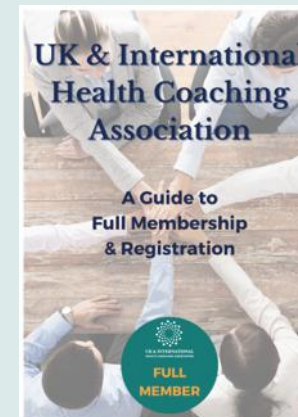
So... what can help coaches grow?

UKIHCA is both a MEMBERSHIP organisation AND a PROFESSIONAL body

Membership – growing the health coaching community, building professional momentum for health coaching, Policy alignment, creating opportunities

Professional body – provides registration, supports professional maturity, sets standards, scope, accountability

UKIHCA Registered Health Coaches will increasingly be able to operate credibly, safely and at scale across health, public sector, workplace and community settings



UKIHCA is committed to ***supporting strong professional foundations*** for UKIHCA-Registered Health Coaches

Approved routes to full membership:

- Full training programme courses
- Work-based learning pathways
- Portfolio Route

UKIHCA Full Members – qualified health coaches

UKIHCA - Registered Health Coaches – committed to logging CPD, coaching practice and health coaching supervision

UKIHCA Scope of Practice and Code of Conduct





Coaching practice and CPD

Growth in coaching confidence doesn't stop at completing approved route to membership/registration



- UKIHCA Approved CPD & Professional Development Planning
- UKIHCA Coaching Practice
- Networking with other coaches

Holding Challenge and Complexity

Challenge and complexity cannot be managed alone

UKIHCA doesn't want health coaches to feel isolated in their health coaching practice

- Learn together (events, webinars, conferences)
- Learn from others (mentoring)
- Network together (FaceBook, LinkedIn communities)
- Member resources (recordings, guidance, policies)
- Support others (Coaches Connect, Health Coaching Group Supervision)



PROFESSIONAL MENTORING
(Business Focus)
Full Members/RHCs



Innes Kerr



Robert Notter

Tuesday 21 July - 7.00pm BST



PROFESSIONAL MENTORING
Full Members/RHCs



with
Victoria Perkins

Wednesday 1 July - 12.30pm BST



Reflective support is actively encouraged:

- CPD resources / planning
- Public and member-only webinars
- Coaches Connect
- Coaching Practice
- Mentoring



UKIHCA Guide to Health Coaching
Supervision for Registered Health
Coaches

Launched in 2026 – Health Coaching Supervision

- Having a “super-vision” lens for health coach and their health coaching practice

Supporting Professional Identity

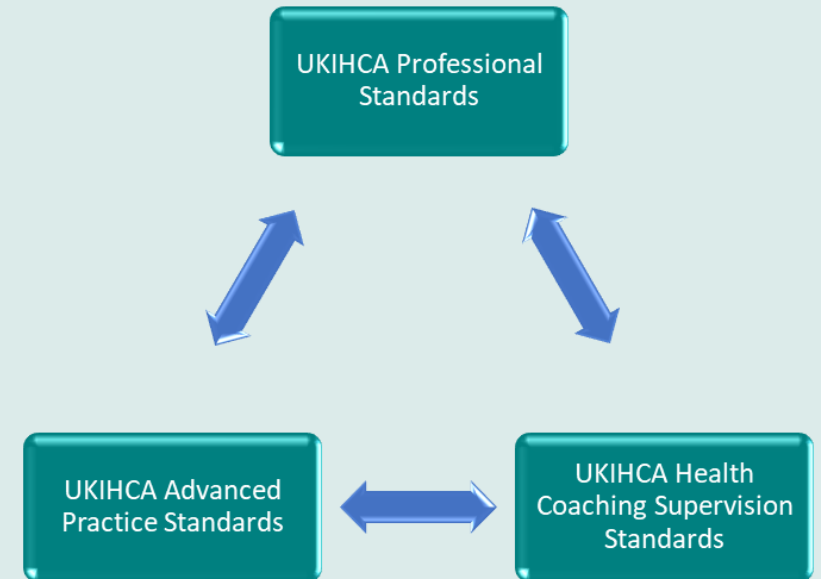
What we have now:

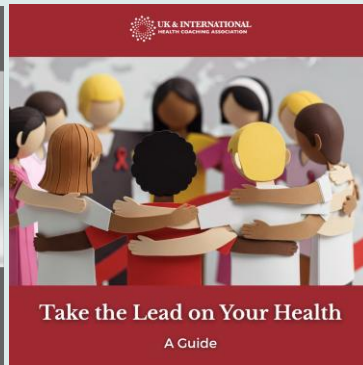
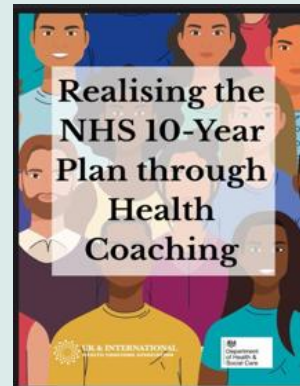
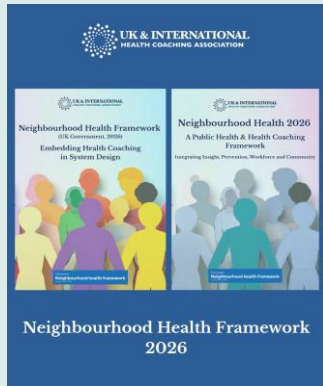
- UKIHCA-RHC post-nominals
- UKIHCA-RHC badge

Future:

- Recognising areas of interest
- Advanced Practice /Standards

Neither CHANGE health coaching scope of practice BUT UKIHCA want to recognise advanced learning in areas of interest





UKIHCA lobbying and building a sustainable ecosystem for health coaching profession

- What we are seeing now is a clear shift in the **policy environment**.
- **Policy** is creating **professional momentum** for health coaching.
- UKIHCA connects globally with health coaching partners
- Share our work via Maintaining Momentum for Health Coaching
- Jobs board
- UKIHCA directory of health coaches

Your ***INVESTMENT*** in ***YOUR*** profession – get active

Make ***USE*** of ***ALL*** the available resources

Keep in touch with us – website, events, email, social platforms,
feedback forms, member survey

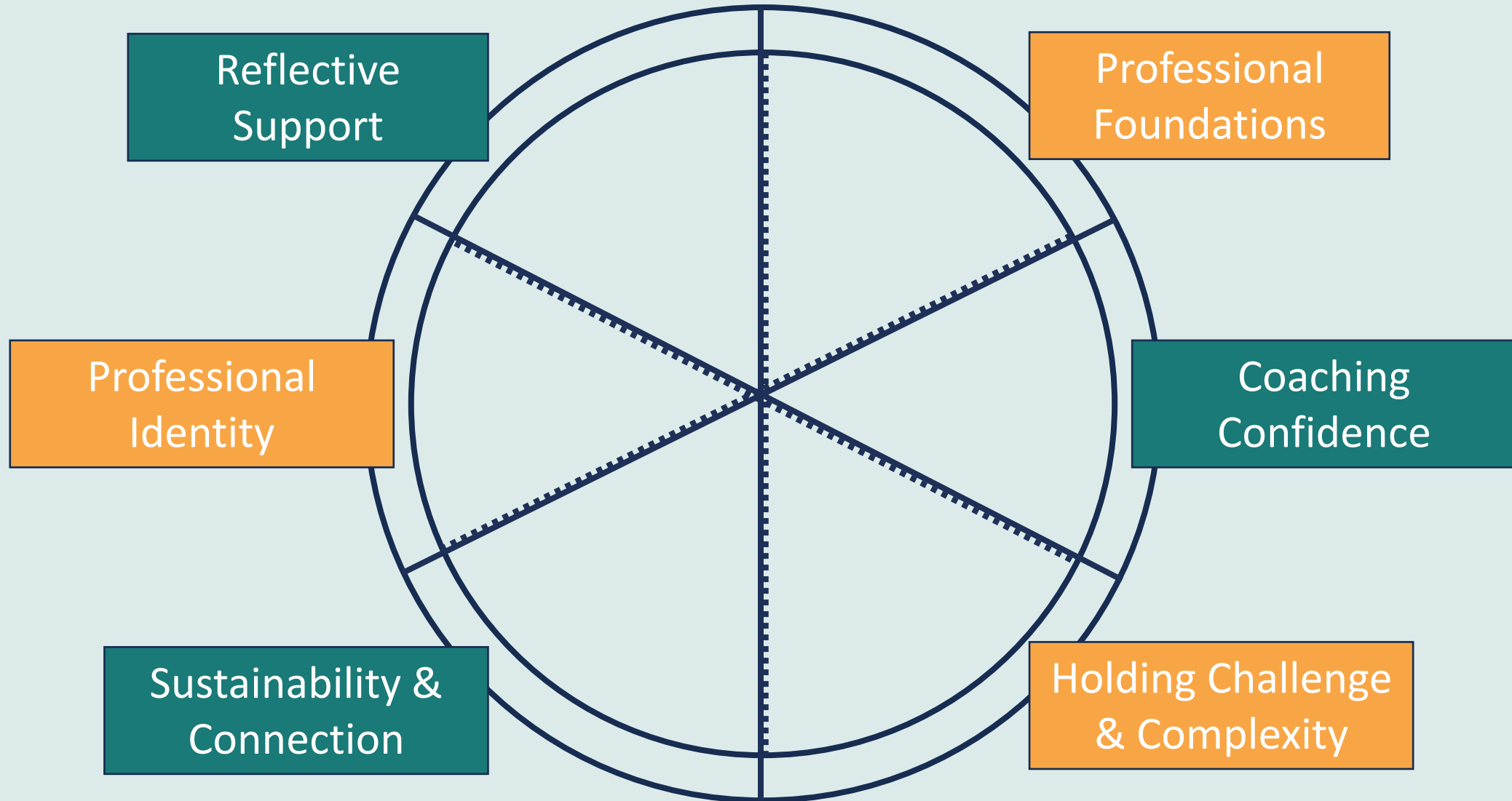
BUT

What ***one fundamental thing*** would support your professional maturity?

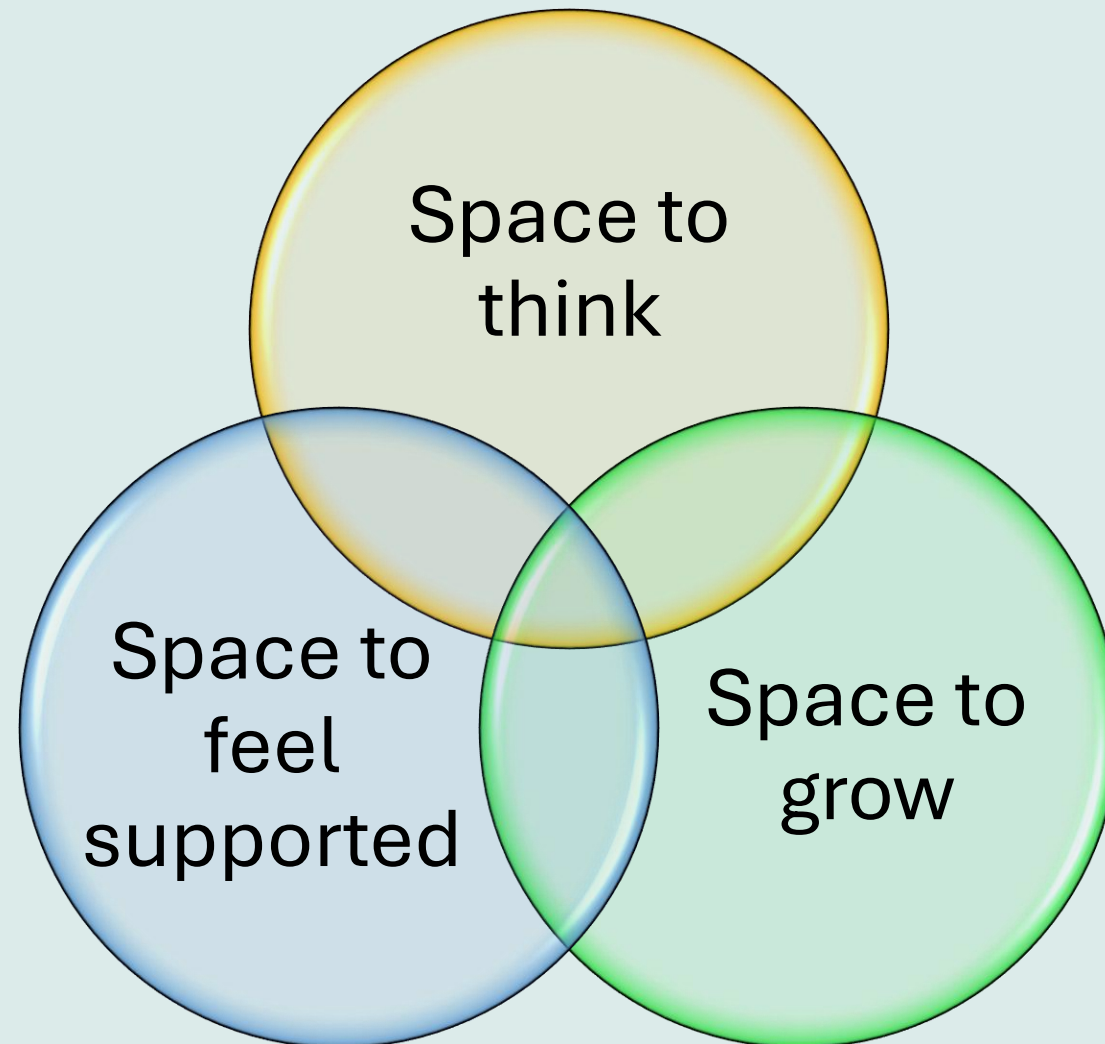
- Supervision is just one part of the professional maturity picture
- But it helps with ALL of the other pieces



Professional Maturity Wheel



What does supervision give us?



Imagine...

it is 6months
from now...



Find a buddy



Professional maturity isn't a destination





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[@lifemedcommunity](https://www.instagram.com/lifemedcommunity)

