

FAQs health coaching

What is a health and wellbeing coach?

Health and wellbeing coaches support people to increase their ability to self-manage, motivation levels and commitment to change their lifestyle. They are experts in behaviour change and focus on improving health related outcomes by working with people to set personalised goals and change their behaviours. They work with people with physical and/or mental health conditions and those at risk of developing them.

Health and wellbeing coaches can be an effective intervention for people experiencing a range of long term conditions, including respiratory, cardiovascular (including type 2 diabetes and hypertension), and stress/low mood. They can also support people with weight management, diet and increasing activity levels.

How do I become a health and wellbeing coach in the NHS?

Health and wellbeing coaches work in different settings across health and care, including but not limited to primary care, hospitals and secondary care services.

The largest workforce is currently in primary care. Primary care networks will advertise roles locally and/or on the NHS jobs website.

What training is needed to be a health and wellbeing coach and is there funding available?

Before taking referrals, employers should ensure that health and wellbeing coaches have the necessary skills and training. Health and wellbeing coaches should complete a [Personalised Care Institute accredited four-day health coaching training course](#). This is the minimum required training standard. Employers are responsible for funding any necessary training.

Will the ARRS funding continue for the role?

ARRS funding will continue and be recurrent. PCNs should be confident that support for the roles will continue post April 2024.

How can I get referred or refer someone to a health and wellbeing coach

Referrals to health and wellbeing coaches can come from a variety of places, depending on how the service is set up. Referrals could come via clinical staff, administrative and managerial staff, voluntary community and social enterprise (VCSE) partners, or even self-referral.

Not all services will have a health and wellbeing coach, so you would need to check with your local service provider e.g. GP surgery if this is a service they offer.

How many health and wellbeing coaches are there?

There are almost 1200 health and wellbeing coaches in primary care in England.

More information about health coaching is available on the NHS England website [NHS England » Supported self-management: health coaching guide](#)

More information about the role of a health and wellbeing coach can be found in the workforce development framework for the role [NHS England » Workforce development framework for health and wellbeing coaches](#)

Details of accredited health coaching training providers can be found on the Personalised Care Institute website [Accredited training \(personalisedcareinstitute.org.uk\)](#)