



Scope of Practice: Lifestyle & Wellbeing Coach

As a Lifestyle & Wellbeing Coach, my role is to support clients in improving health and wellbeing by addressing various aspects of their lifestyle, including physical fitness, nutrition, emotional balance, stress management, and personal growth. My approach is holistic, focusing on sustainable, long-term changes that enhance the quality of life and overall health.

Areas of Expertise:

- **Physical Health & Fitness:** Developing personalised exercise programs that promote functional fitness, flexibility, strength, and cardiovascular health.
- **Nutrition Guidance:** Offering general nutritional advice to support health goals such as weight management, vitality, and improved energy. (Note: I do not diagnose or treat medical conditions.)
- **Emotional Balance & Resilience:** Teaching stress management techniques and mindfulness practices to build emotional resilience.
- **Habit and Behavior Change:** Helping clients set goals and build healthy habits that support long-term wellbeing.
- **Sobriety Support:** Offering guidance and support from personal experience in sobriety, particularly for those who want to reduce or eliminate alcohol use.
- **Accountability & Motivation:** Providing ongoing encouragement and strategies to help clients stay on track and make progress toward their goals.

What I Do Not Do:

- I do not diagnose or treat medical conditions or mental health disorders.
- I do not provide therapy or psychological counselling.
- I do not prescribe medications or offer medical advice.
- I do not perform clinical nutrition assessments or create treatment plans for diseases.

My services are designed to complement, not replace, medical or psychological treatments. Clients are encouraged to seek advice from healthcare professionals as needed, particularly for conditions that require medical intervention.



Code of Conduct and Client Agreement

This contract outlines the standards of conduct for both the Wellbeing Coach and the Client to ensure a productive, respectful, and collaborative relationship. By engaging in this coaching relationship, both parties agree to the following terms.

Coach's Code of Conduct

- 1. Professional Integrity:** I will provide services to the best of my ability, always acting with honesty, integrity, and in the best interest of the client.
- 2. Confidentiality:** All client information, whether verbal or written, will be kept confidential and will not be shared with third parties without the client's explicit consent, except where required by law.
- 3. Respect & Non-Judgment:** I commit to providing a safe, non-judgmental space for clients to explore their goals, challenges, and progress. All clients will be treated with respect, regardless of their background, beliefs, or personal circumstances.
- 4. Boundaries:** I will maintain professional boundaries at all times. My role is to guide and support the client, not to impose personal views or beliefs.
- 5. Collaboration & Empowerment:** I will encourage clients to take an active role in their wellbeing journey, emphasising that they are responsible for their progress and outcomes. I will support clients in setting realistic goals and making decisions that align with their personal values and aspirations.
- 6. Referrals:** If I believe that a client's needs fall outside my scope of practice, I will refer them to the appropriate medical, mental health, or other professional services.
- 7. Ongoing Learning:** I am committed to continuous professional development and will stay updated on best practices in the fields of wellness, fitness, nutrition, and behavioural coaching.

Client's Code of Conduct

- 1. Commitment & Participation:** I commit to actively engaging in the coaching process, attending sessions, and completing agreed-upon tasks or activities to the best of my ability.
- 2. Honesty & Communication:** I will be open and honest about my health, goals, and any concerns I have throughout the coaching relationship. If I need to cancel or reschedule an appointment, I will do so with as much notice as possible.
- 3. Personal Responsibility:** I understand that my progress is dependent on my active participation and efforts. While the coach will provide guidance and support, I am ultimately responsible for my wellbeing and the choices I make.
- 4. Respectful Engagement:** I agree to engage in the coaching relationship with respect, understanding that this is a professional partnership. Any form of disrespectful behavior will not be tolerated and may result in termination of services.
- 5. Confidentiality:** I understand that all discussions with my coach are confidential, and I agree to respect the coach's privacy and professional boundaries.
- 6. Medical Advice:** I acknowledge that my coach is not a medical professional and does not provide medical advice or treatment. I will consult with my healthcare provider before making any significant changes to my diet, exercise routine, or lifestyle, especially if I have any underlying health conditions.



Terms of Service:

- 1. Duration and Fees:** Coaching sessions will be scheduled as agreed upon by both parties. Fees for services will be clearly communicated before the start of the coaching relationship. Payment terms will be outlined separately, and payment is expected in full or as agreed prior to services being rendered.
- 2. Cancellations and Rescheduling:** Clients must provide at least 24 hours' notice to reschedule or cancel a session. Cancellations made with less than 24 hours' notice will be subject to a cancellation fee.
- 3. Termination of Services:** Either party may terminate the coaching relationship at any time with written notice. If services are terminated by the coach for any reason, unused sessions will be refunded.
- 4. Liability:** The client understands that the services provided by the coach are for educational and supportive purposes. The client assumes full responsibility for any actions or decisions made during or after the coaching relationship. The coach is not liable for any outcomes resulting from the client's choices or actions.

Client Consent & Agreement

By engaging the services of Ellen Woods Coaching, I acknowledge that I have read and understood the scope of practice, code of conduct, and terms of service outlined in this contract. I agree to the conditions set forth and commit to engaging in this coaching relationship with honesty, respect, and responsibility.

Coach Consent & Agreement

I, Ellen Woods, agree to abide by the code of conduct and terms of service outlined above, and I commit to providing my coaching services with integrity, respect, and professionalism.