**Health Coaching Supervision**

This statement supports the development of minimum standards for Health and Wellbeing Coach supervision which the Personalised Care Institute will lead on going forward.

Health coaching supervision is required for all Health and Wellbeing Coaches and is separate and different to clinical and caseload supervision and 1:1 line management.

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| **Health Coaching supervision statements**  |  |

 | **Minimum standards** |
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| Health coaching supervisors must be able to demonstrate significant experience in providing health coaching services  |

 | **5 years experience** |
| Health coaching supervisors must be able to demonstrate they recently have carried a client caseload. | **Minimum 50 hours per year** |
| Health coaching supervisors must be able to demonstrate experience of providing health coaching supervision in a variety of formats (e.g., face to face, 1:1 and group formats) in a variety of settings (including face to face and online environments). | Provide examples of supervision undertaken either as part of a contract or part of a supervision training apprenticeship.  |
| Health coaching supervisors must be able to demonstrate that they receive regular supervision from an experienced supervisor as part of their practice and ongoing professional development. | Provide records and name of supervisor. Statement from their supervisor, signed off by their supervisor. |
| Health coaching supervisors must be able to demonstrate a capacity for self-regulation and safe and effective practice. | Statement from their supervisor, signed off by their supervisor. |
| Health coaching supervisors must be able to demonstrate that they are experienced in the application of relevant supervision models/theoretical frameworks and how to adapt approaches depending on the work, needs and developmental stage of the supervisee. | Statement of professional practice incorporating explanation of the models they use and how they adapt to circumstances. |
| Health coaching supervisors must be able to demonstrate an awareness of the values, beliefs and assumptions which underpin their work. | Statement of professional values, including alignment with NHS values. |
| Health coaching supervisors must be able to show evidence of supervision training or equivalent experience. | Qualifications or statement of equivalent experience approved by Personalised Care Institute. |