



815-236-8485 • JBrowning@Wellness-Within.com

Nurse Coach and Client Guiding Principles

Nurse Coaches join in a coaching and discovery process with clients to increase awareness of desired healthy lifestyle goals, life balance/satisfaction, behavioral change, and much more. These Nurse Coach and client guiding principles bring clarity to this dynamic coaching relationship/partnership.

Nurse Coach

- I will listen with full presence to the client’s concerns and hopes in a safe, supportive environment to increase trust and self-exploration of health and wellness goals.
- I will respect the client as the authority for her/his own health and wellbeing.
- I will support the client’s inner wisdom, intuition, and innate ability to determine the next steps in her/his process for best possible outcomes.
- I will involve the client in formulating SMART goals (Specific, Measurable, Achievable, Realistic, Time-lined) in her/his action plan.
- I will obtain the client’s consent to coach in vulnerable areas and will maintain confidentiality.
- With permission, I will offer guidance and health education for specific health concerns and/or conditions (acute/chronic), nutrition, exercise, stress management, and other areas related to overall lifestyle health and wellbeing.
- I will recommend other healthcare professionals when I feel issues are outside my scope of practice and experience.
- I will be punctual and keep scheduled appointments.

Client

- I am aware that the key to my wellbeing is me.
- I am ready to make changes and to sustain change for increasing my health and wellbeing.
- I will commit to assessing my readiness for change and create an action plan towards my goals.
- I will explore new ideas, behaviors, and actions that may involve risk-taking and fear of failure and/or fear of success.
- I will take responsibility for learning new lifestyle behaviors.
- I will be open and honest so that I can access my deeper wisdom and become more self-aware.
- I will integrate self-reflection and self-care practices each day.
- I will explore obstacles towards my goals and notice my unique responses to these challenges.
- I will be punctual and keep scheduled appointments.

Nurse Coach: _____ Date: _____

Client: _____ Date: _____