

UK & INTERNATIONAL
HEALTH COACHING ASSOCIATION

Member Value

ukihca.com

UK & International Health Coaching Association's mission is to advance the profession of Health Coaching in support of every individual's health, wellness and wellbeing.

Our vision is to see a professional health coach in every healthcare practice within the private and public sector, in schools and colleges, in businesses and in communities.

Health coaching goes by many labels: Health Coaching, Health and Wellness Coaching, Health and Wellbeing Coaching, Wellness Coaching, Wellbeing Coaching. It's confusing!

The discipline of health coaching is a powerful, skilled modality that can and does transform peoples' health and their lives.

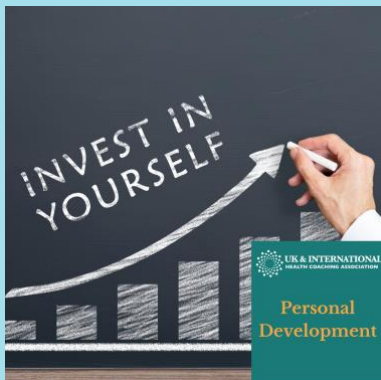
“Health and wellness coaching is a non-judgmental, client-led active process which equips, enables and empowers an individual to respond and adapt positively to challenges in their internal and external environment to create and maintain a state of resilience through the pursuit of activities, choices and lifestyles that support that individual’s optimal whole health.”

(UKHCA 2020)



UKIHCA Expert Webinars

UKIHCA hosts industry expert-led personal, professional and business development webinars in most weeks throughout the year; whilst these are free to members, non-members pay £10, so attending only 2 of these events per month will save £240, which is more than the Full membership fee.



Personal Development

Many of our webinars offer valuable opportunities for personal development, for example self-coaching approaches, confidence building, confidence building and dealing with imposter syndrome.

“I had no idea how much support UKIHCA give their members!”



Professional Development

Full Members also get free access to the monthly Coaching Practice Group which provides the opportunity to practice your health coaching skills in a safe confidential supported environment.

It is also a great opportunity to step into the coachee role and work on your own goals and issues.

As a Student Member and a Full member, you will benefit from participating in the Professional Mentoring Groups where you will find support to help you navigate your career development, learning and practice.



[Instagram](#)



[LinkedIn](#)



[Facebook](#)

www.ukihca.com

info@ukihca.com



Business Development Resources

We recognise that many of our members are independent practitioners who may not have experience in setting up, launching, and promoting a business.

UKIHCA members can access a full range of documents, articles, webinars, and training courses designed to support members in business.

For example, we have a UKIHCA guide to [‘Setting Up Your Health Coaching Business in the UK’](#), as well as the Federation of Small Business guide ‘How to Start a Small Business’, the UKIHCA’s Survival Budget and Profit & Loss templates.

To support your marketing efforts, UKIHCA has created resources including a World Health Events Calendar and the excellent UKIHCA ‘Social Media Resources’ that provides a library of [images](#) and [copy](#) that members can download for their own use.

All these resources are free to UKIHCA members, while subscriptions to similar services externally can cost in excess of £100 a year.

“I love being part of a community of professionals who are all passionate about health and wellness.”



Continuing Professional Development

Note that all webinars will qualify as CPD, not only saving costs for CPD training and courses, but giving you *free* access to CPD to fulfil your 25hrs annual CPD requirement.

For example, by attending just two webinars per month will amount to some 36 hours’ worth of CPD.

UKIHCA approves CPD courses from a variety of training providers, to ensure that the content is aligned with the UKIHCA [Standards for Education and Training](#) and the UKIHCA [Scope of Practice](#).

Many of these approved courses are certified training courses, designed to develop the skills and qualifications of health coaches.

UKIHCA member discounts range from 20%, to fixed discounts of up to £250, saving hundreds of pounds on your professional development.

“Having the White Paper [‘Towards a Healthier, Happier Britain: The Case for Health Coaching’](#) is invaluable to “make the case” for coaching. The supporting “Members Briefing” is also hugely helpful and the webinar session on this was particularly useful.

I intend to continue to benefit from all the amazing things you offer us at UKIHCA. As one of the other attendees mentioned on the webinar - we all get incredible value from our membership, and we are all SO grateful for this amazing organisation. I would be so lost without it.” - Sacha Mogg, UKIHCA-Approved Full Member



Membership Discounts

Membership to other professional organisations and bodies can support members' professional and commercial development. UKIHCA has negotiated discounted membership to the Federation of Small Business (FSB) and to the British Association for Holistic Medicine and Health Care (BHMA).



Conference Discounts

As a member of UKIHCA, you can access discounted tickets to attend cross sector conferences and exhibitions such as [Integrative and Personalised Medicine \(IPM\)](#), [Prescribing Lifestyle Medicine \(PLM\)](#), British Society of Lifestyle Medicine (BSLM) and ELEVATE (for the Physical Activity sector).

For all membership enquiries, drop us an email: info@ukihca.com



Supplier Discounts

UKIHCA promotes several suppliers, whose products and services support the development and promotion of our members' practices and businesses.

Suppliers include:

- Health Hosts for web hosting
- Practice Better, a digital management platform
- Law Bite providing legal support and documentation
- Firstbeat Life for wearable tracker technology
- First Found provide SEO strategy services to get your website noticed
- HealthiWealthi a leading worldwide online health coaching delivery platform

UKIHCA has negotiated discounted insurance for Student and Approved members so that you can save over £30 on your annual premium (depending upon the provider and the level of cover selected).

Choose from Balens or Westminster as your insurance brokers.



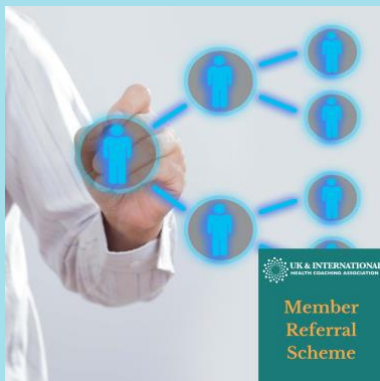


Recruitment / Employment

In the past year, UKIHCA has placed Approved Member HCs in employed and contracted roles with a variety of employers creating income and career development for members.

UKIHCA will be announcing a partnership with a specialist recruitment agency with the sole objective of promoting health coaching and placing UKIHCA member health coaches with employers.

This 'Search and Select' service will be free to members who are seeking employed roles so no need to spend time and energy trawling the recruitment and job boards, as UKIHCA will send the most appropriate health coaching job opportunities direct to your in-box.



Member Referrals

Help grow the UKIHCA community and earn yourself a reward by referring a colleague or friend that you trained or practice with. UKIHCA Member Referral offer rewards you and your friend or colleague with £20 discount when they join UKIHCA on your recommendation. See more details [here](#).



Marketing Support

UKIHCA generates over 100 posts per month across all social media platforms.

The majority of these are promoting the practice of health coaching, the role of health coaches and the credentials of UKIHCA members, growing awareness for members and their practice.

UKIHCA has created a depository or social media content – [images](#) and [copy](#) text – which we update regularly to help spread the message far and wide: Health coaching WORKS!

UKIHCA's annual [Find Your Healthy](#) campaign, launched last year, promotes cross sector and public engagement, amplifying the message for health coaching in health creation.

Although these activities do not promote any individual member, they DO create a platform which each and every member can and should leverage to promote their personal practice.

To engage a marketing agency to create this level of awareness would cost hundreds if not thousands of pounds.

UKIHCA has created a wealth of social media-friendly assets for health coaches. Download yours [NOW](#).





Member Networking and Support

We know from member feedback, that many are independent practitioners working hard to launch, grow or maintain their own practice. We also know from this feedback that these members can feel isolated and unsupported, so we have created a community where members can feel engaged and supported by peers and by the UKIHCA team.

Members have free access to the UKIHCA Facebook networking groups for Student, Full and Affiliate Members which offer opportunities to ask questions and benefit from the knowledge of more experienced health coaches and to get support from the UKIHCA team.

If you prefer an in-person experience, you can join us in the Coaches Connect live drop-in sessions held twice monthly and get the support of peers and the UKIHCA team.



HMRC Tax Relief

And there's even more... claim HMRC Approved Tax Relief!

UKIHCA membership has been approved by HMRC so that the full cost of membership can be claimed to offset income tax.

This applies to employees and sole traders, provided you pay the original membership subscription.



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I really appreciate being part of a forward thinking, collaborative organisation, committed to improving the quality of health coaches.

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£000's of VALUE from your UKIHCA Membership!

The following is a conservative illustration showing the potential savings available to a member engaged in a representative range of personal, professional and business development activities and accessing a range of associated benefits.

Activity	Events	Value
Personal Development webinars	4	£40
Professional Development webinars	8	£80
Business Development webinars	8	£80
Business Development Training Course	1	£300
Professional Mentoring – Group coaching 90 mins monthly	6	£450
Business & Marketing resources library - subscription	1	£100
CPD – 36 hours of content	36	£360
CPD Training Course discounts – saving 10% on £350	1	£35
UKIHCA discount from insurer	1	£30
One Day Delegate discount to IPM conference	1	£65
Member referral reward	1	£20
Claim HMRC income tax relief - Off-set membership against taxable income	1	£39
Total Saving		£1,599
Cost of Membership – based on annual pre-paid		£195
Value of savings		£1,404

Potential value from UKIHCA Membership services and benefits? £000!

Value of the support of the UKIHCA Health Coaching community? £PRICELESS!!