Highly Proficient • Culturally Responsive • Deeply Integrated

IPMHA Health Coach Training Prospectus

Building a Practice-Ready Workforce for Aotearoa

PREKURE™

COLLABORATIVE AOTEAROA

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Our Kaupapa

Louise Schofield,
(PhD) CEO, PREKURE

Jess Morgan-French
CEO, Collaborative Aotearoa

Tēnā koutou katoa,

The Integrated Primary Mental Health and Addiction (IPMHA) model is one of the most significant shifts in New Zealand healthcare. It promises a future where whānau receive holistic, accessible support right where they need it most – within their general practice and community.

But a model is only as effective as the workforce delivering it.

We know that for Health Coaches to succeed, passion isn't enough. They need deep clarity on their scope of practice, and the practical behaviour change skills to truly move the needle on mental health and chronic disease.

Most importantly, they need to be "practice-ready" – able to step into a busy role and integrate seamlessly with IPMHA teams from day one.

That is why PREKURE and Collaborative Aotearoa have joined forces. By combining PREKURE's world-class, evidence-based pedagogy and unparalleled student support, alongside Collaborative Aotearoa's deep sector networks and primary care expertise, we have co-designed a pathway to train highly proficient, clinic-ready Health Coaches; producing a professional, resilient workforce capable of transforming the health of our communities.

> Health Coaches are the bridge between clinical advice and patient action. But, to make a genuine difference to the health and especially the mental health of New Zealanders, Health Coaches need deep clarity on their scope, seamless integration with their clinical teams, and the technical skills to support lasting behaviour change. With these skills, it is possible to stop the revolving door of preventable illness and mental distress and truly transform the health of our communities".

Louise Schofield,
CEO, PREKURE

The Challenge

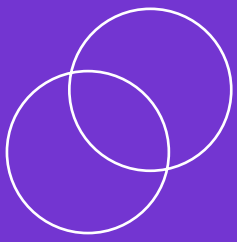
General Practice is under immense pressure with a rising tide of chronic disease, mental distress, and addiction. Highly trained Health Coaches work upstream to support clinical teams in delivering proactive, whole-person care that enables self-management, but to be effective, training must address specific gaps.

Deep Understanding of Scope:
Coaches must understand exactly where their role begins and ends to keep patients – and themselves – safe.

Deeply Integrated:
A coach who cannot function within a multidisciplinary team (MDT) risks becoming isolated and underutilised.

Technically Proficient:
Information dumping doesn't work. Coaches need to be highly skilled in the science of behaviour change to deliver evidence-based interventions and support self-management for lasting change.

Culturally Responsive:
Coaches must be able to meet every patient where they are at, and foster genuine hauora for all.



Our Solution

The PREKURE x Collaborative Aotearoa IMPHA Model.

We bridge the gap between 'classroom theory' and the reality of a busy primary care clinic. Our programme produces coaches who are technically proficient, culturally responsive, and operationally ready.

Our Partnership

The PREKURE Collaborative IPMHA Health Coach Training represents a unique joint approach. Together, our organisations offer a powerful balance of academic rigour and on-the-ground mentorship.

PREKURE

KAUPAPA

To equip Aotearoa's health workforce with the tools to solve the root cause of chronic disease; bridging the gap between knowledge and action.

THE SCIENCE OF CHANGE

A faculty of 30+ leading clinicians, coaches, and academics.

INDUSTRY-BACKED

PREKURE is recognised by RNZCGP for CME. PREKURE's Mental Health Coach Program is recognised for CPD by the UKIHCA, and our Master's Health Coach Programme is approved.

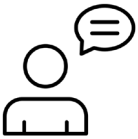
PROVEN TRACK RECORD

850+ Health Coaches trained over 7 years.

Collaborative Aotearoa

KAUPAPA

Deep experience in co-designing models of care that prioritise equity and access.



THE VOICE OF THE SECTOR

A national membership organisation covering 1.2 million enrolled service users and 340+ general practices.

INTEGRATION EXPERTS

To foster health and hauora equity for all people within Aotearoa.

Our Difference

We don't believe in a "one-size-fits-all" approach. Our model ensures national consistency in training standards, while allowing local tailoring to serve your communities needs.

1

A HUB-AND-SPOKE-MODEL

We combine the scalability of digital learning with the power of kanohi ki te kanohi (face-to-face) connection, partnering with 12 Regional Leads to provide in-person mentorship and assessment.

2

PRACTICE-READY FROM DAY ONE

We teach the reality of the role within IPMHA services, not just theory. Our curriculum prepares Health Coaches to be useful, safe, and integrated from day one.

3

CULTURALLY RESPONSIVE BY DESIGN

Te Ao Māori knowledge and approaches, and culturally diverse, evidence-informed coaching frameworks are embedded into learning and practice.

4

PIONEERS IN BEHAVIOUR CHANGE

We equip coaches with deep knowledge and practical skills in behaviour change to effectively support lasting change and self-management.

5

RIGOROUS STANDARDS, ACCESSIBLE PATHWAYS

We deliver university-level quality through a scaffolded learning model that is accessible to all learners.

Our Science Faculty

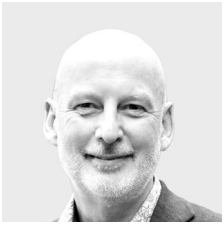
The PREKURE Science Faculty is at the forefront of health and wellbeing, integrating the very latest cutting-edge research of health behaviour change, metabolic and mental health science to inspire resilience, promote overall wellness, and support lasting, transformative change.

Professor Grant Schofield
PREKURE Chief Science Officer & Professor of Public Health

Professor Julia Rucklidge
Psychology and Micronutrition

Dr Caryn Zinn
Dietitian & Associate Professor

Dr Catherine Crofts
Academic & Pharmacist



Dr Glen Davies
General Practitioner, GP of the Year 2021

Dr Lily Fraser
General Practitioner, Distinguished FRNZCGP

Dr Louise Schofield
Behaviour Change Specialist

+6

Behaviour Change, Neuroscience, Trauma, Eating Disorders & Nutrition Specialists

Our Coaching Faculty

Our Coaching Faculty serves as the practical training ground where theoretical knowledge is transformed into real-world coaching skills. By practising in a supportive, hands-on environment, coaches emerge skilled in the art of communication, behaviour change, and patient engagement.

Sonya English
PREKURE
Lead Coach &
Registered Nurse

Kent Johns
Corporate Wellness
Specialist &
PREKURE Coach

Bronwyn Hudson
Nutritionist &
PREKURE Coach

Toni Hansen
PREKURE Coach

Ree George
Physiotherapist &
PREKURE Coach

Telesia Fa. Macnamara
PREKURE Coach
& Personal Trainer

Allana Kaipo
PREKURE Coach

+10

Behaviour Change
Specialists &
Health Coaches

The Training

THE IPMHA HEALTH COACH TRAINING INCLUDES:

- LIVE 2-day interactive workshop (online*)
- LIVE online Health Coaching skills workshops
- LIVE Weekly access to health coaching skills gyms (role play and coaching practise and feedback)
- LIVE Weekly access to 'Ask the expert' (Lifestyle Medicine sessions covering mental health and wellbeing content)
- SELF-PACED Learning courses (online)
- LIVE Weekly online mentoring
- IN CLINIC Mentorship and skill evaluation assessment

Complete part-time: Week 1: 8+ hours, Weeks 2–26: 4–6 hours

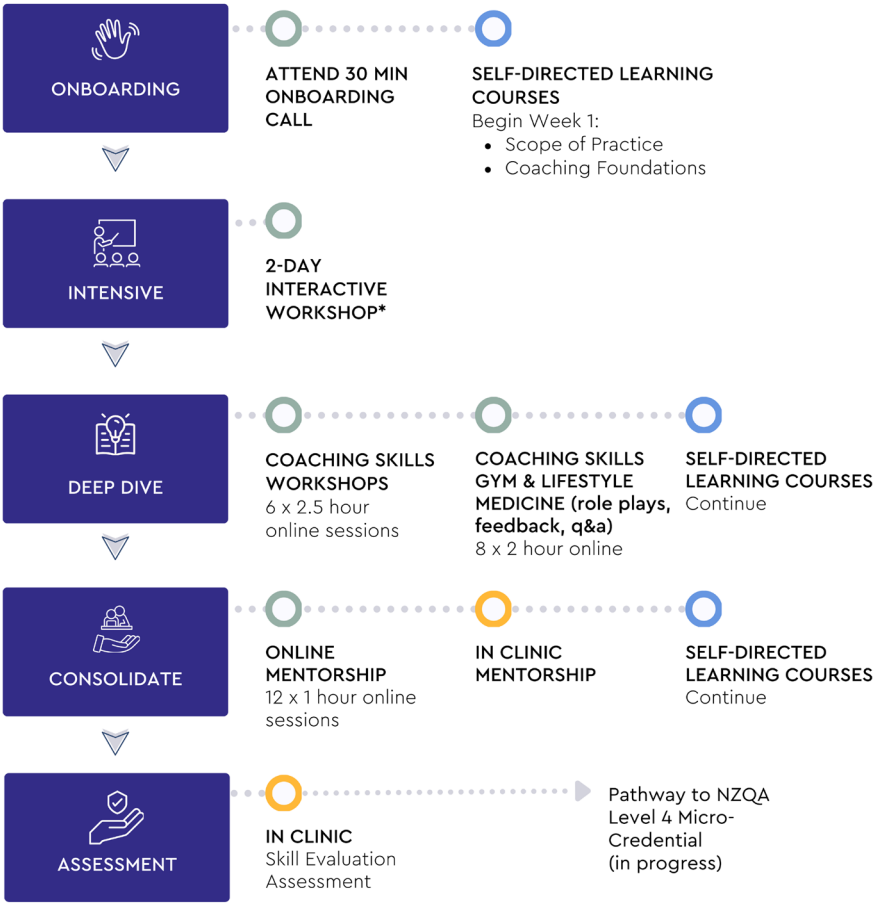
Hybrid, flexible learning: Live, interactive and online.

Certifications: PREKURE Certified Health Coach

NZQA: Aligned with NZQA Level 4 Health coaching preparation Micro-credential requirements (accreditation pathway in progress).

**In-person may be available if certain criteria are met.*

ENROL & START IMMEDIATELY >



Live / Synchronous Learning

Self-Paced / Asynchronous Online Learning

In Clinic

Self-Paced Learning Courses

Trainees can begin these self-paced, online courses at any time. They equip trainees with the knowledge to work as safe, effective, and culturally responsive Health Coaches within IPMHA teams.

The concepts taught throughout are reinforced and brought to life in the live coaching skills workshops, health coaching skills gyms and 'Ask the Expert' sessions where trainees will develop and practise their health coaching toolbox.

SELF-PACED LEARNING COURSE

Behaviour as Medicine

This course supports trainees to develop a strong understanding of the Health Coach role and scope of practice, common long-term conditions affecting physical and mental well-being, and evidence-informed behaviour change approaches grounded in positive psychology and health coaching.

It places a strong emphasis on culturally responsive practice, including Māori and Pasifika models of health, and practical engagement approaches that support whānau to build confidence, capability, and autonomy in managing their well-being.

MODULE	LEARNING CONTENT
Module 1: What is Health?	Examines what health really means, how it is measured, how Aotearoa's health system works, and why Health Coaches are essential to improving access, equity, and long-term hauora outcomes.
Module 2: Models of Health and Well-being	Introduces key Māori and Pasifika models of hauora, including Te Whare Tapa Whā, Te Ara Whakamana, Fonofale, and Talanoa, and develops cultural responsiveness through engagement processes such as the Hui Process and talanoa.
Module 3: What is a Health Coach?	Explores what it really means to be a Health Coach, including the mindset, scope of practice, ethics, and core competencies required to work safely and effectively.
Module 4: Health and Chronic Disease	Builds understanding of common long-term physical and mental health conditions and the role of health coaching in supporting self-management, autonomy, and quality of life.
Module 5: Behaviour Change 101	Explores how and why people change behaviour, introducing key behaviour change theories and practical tools from motivation science and positive psychology to support sustainable, real-world change.
Module 6: Health Coaching in Practice	Brings theory into practice through real-world examples and case studies from primary care and community settings, showing how health coaching works in real-world contexts.

SELF-PACED LEARNING COURSE

Kai / Nutrition as Medicine

This course builds foundational nutrition knowledge. Trainees will develop an understanding of how food, nutrients, and dietary patterns influence hauora and well-being, and the role nutrition plays in long-term condition management.

Nutrition is explored through a real-world lens, including the history of dietary guidelines, the metabolic drivers of health and disease, and the realities clients face around food choices.

A strong emphasis is placed on client-centred practice and scope of role, supporting trainees to confidently use kai as medicine while working safely within multidisciplinary teams.

MODULE	LEARNING CONTENT
Module 1: Nutrition Fundamentals for Human Health	Introduces the foundations of human nutrition, including food and nutrients, digestion and metabolism, and energy balance, providing the baseline knowledge needed to understand how nutrition supports hauora and well-being.
Module 2: A Brief History of Human Nutrition	Explores the evolution of nutrition science and dietary guidelines, including the rationale behind current recommendations, supporting trainees to critically understand where nutrition advice comes from and how it is applied.
Module 3: The Metabolic Theory of Energy Balance	Examines the biological drivers of energy balance and metabolic health, including glucose and insulin regulation, key hormones, and insulin resistance, building understanding of how metabolic dysfunction develops and why nutrition matters in long-term conditions.
Module 4: Food vs. Nutrients – Different Dietary Approaches	Explores a range of dietary approaches and the evidence behind them, supporting trainees with the knowledge to work respectfully and effectively with clients from diverse cultural backgrounds and with different food preferences, values, and ways of eating.
Module 5: Getting to Know Your Food and Nutrients	Explores essential nutrients, food sources, and food processing, supporting realistic and inclusive approaches to meeting nutrient needs.
Module 6: Focusing on the Client	Applies nutrition knowledge in a coaching context, focusing on client assessment, goal-setting, and practical support strategies. Trainees develop a nutrition toolbox and explore resources relevant to integrated care, supporting safe, realistic, and client-centred use of kai as medicine.

SELF-PACED LEARNING COURSE

Whakatātanga / Exercise as Medicine

This course builds foundational knowledge about physical activity, exercise, and fitness.

Trainees develop an understanding of how movement supports hauora, prevents and manages long-term conditions, and improves quality of life across the lifespan.

The course explores physical activity guidelines, exercise science fundamentals, and practical approaches to supporting whānau to become more active.

MODULE	LEARNING CONTENT
Module 1: Public Health and Physical Activity	Explores the role of physical activity in population health, including physical activity guidelines, the fitness continuum, and evolutionary perspectives on movement. Trainees develop an understanding of how movement supports hauora across diverse populations and how Health Coaches can work effectively with whānau at different starting points.
Module 2: Introduction to Exercise Science	Introduces core principles of exercise science, including cardiorespiratory fitness, strength, adaptation, and energy systems, providing foundational knowledge to understand how the body responds to movement and exercise.
Module 3: Helping People Get Active	Focuses on applying physical activity and exercise knowledge in practice, exploring real-world settings, behaviourally realistic approaches, and practical strategies for supporting people to become more active, including initiatives such as Green Prescriptions.
Module 4: Working with Special Populations	Builds confidence in supporting movement safely and appropriately across a range of populations and contexts, including pain, cancer, pregnancy and postpartum, and clinical exercise settings, while reinforcing scope of role and collaboration with health professionals.
Module 5: Nutrition and Exercise	Explores the relationship between nutrition and physical activity across the fitness continuum, including energy use and special nutrition considerations, supporting Health Coaches to understand how food and movement work together to support huaora.

SELF-PACED LEARNING COURSE

Mental Health & Mind-Body Medicine

This course builds foundational knowledge in mental health and addictions. It explores how stress, mental health, addiction, sleep, trauma, and psychological and physiological processes influence hauora and quality of life across the lifespan.

The course takes a whole-person approach, examining common mental health conditions, mindfulness and positive psychology, brain health, sleep, addiction, and trauma-informed practice. Emphasis is placed on building basic mental well-being tools and strategies, recognising mental distress, understanding scope of role, and knowing when and how to seek additional or clinical support. Health Coaches are supported to work safely, client-centredly, and effectively within multidisciplinary teams.

MODULE	LEARNING CONTENT
Module 1: Stress and Resilience	Explores the psychobiology of stress and adaptation, including resilience, antifragility, hormesis, and post-traumatic growth. Trainees develop an understanding of how stress responses shape mental and physical health and how resilience can be supported in practice.
Module 2: Mental Illness and Treatment	Provides trainees with a robust, evidence-informed understanding of common and severe mental health conditions alongside conventional and emerging treatment approaches. This module clarifies the role and scope of the health coach to ensure they effectively collaborate with health professionals when required.
Module 3: Mindfulness, Mindset, and Positive Psychology	Explores mindfulness, meditation, mindset, placebo effects, and positive psychology tools, supporting trainees to understand how evidence-based whole-person approaches influence hauora and how they can be used safely and appropriately in health coaching contexts.
Module 4: Brain Health and the Ageing Brain	Introduces brain health across the lifespan, including cognitive function and ageing, building understanding of how lifestyle, mental health, and behaviour support brain health and quality of life.
Module 5: Sleep	Explores sleep physiology, chronobiology, and common sleep issues, supporting trainees to understand the role of sleep in hauora and how to support healthy sleep behaviours within scope of practice.
Module 6: Introduction to Addictions	Introduces addiction through a biopsychosocial lens, including reward pathways, trauma and adverse childhood experiences, and the health impacts of substance and behavioural addictions. The course focuses on a safe, compassionate coaching approach within integrated care settings.
Module 7: A Trauma-Informed Approach	Builds understanding of trauma, adaptive and maladaptive coping, and adverse childhood experiences (ACEs), supporting trauma-informed, safe, and responsive health coaching practice.

SELF-PACED LEARNING COURSE

Maximising Your Potential as a Health Coach

This course builds foundational knowledge of medications, healthcare systems, and key elements of health coaching practice for Health Coaches.

Trainees further develop their understanding of how health systems operate, how medical care is delivered, and how Health Coaches support access, navigation, and continuity of care.

The course explores the history and foundations of medicine, core coaching techniques, medications and medical decision-making, health literacy, system navigation, group health coaching, and integration into primary care teams.

MODULE	LEARNING CONTENT
Module 1: An Overview of Medicine	Explores the foundations of modern medicine, including its historical development, social determinants of health, and evolving understandings of hauora and illness, supporting a broader view of hauora and healthcare.
Module 2: Core Health Coaching Techniques	Builds advanced coaching capability through core techniques such as motivational interviewing, communication and referral, coaching presence, reflective practice, and lifelong learning, supporting effective and ethical coaching practice within IPMHA settings.
Module 3: Understanding Medications	Introduces key concepts related to medications, including classifications, interactions, test results, deprescribing, and the New Zealand prescribing and funding context. The module focuses on helping Health Coaches understand medications well enough to support clients safely, without stepping outside the scope of their role.
Module 4: Navigating the Healthcare System	Develops health literacy and system navigation skills, including understanding the healthcare journey, communicating effectively with the wider team, recognising bias and ethics in care, and supporting clients to engage confidently with primary health care providers.
Module 5: Group Health Coaching	Explores the principles and practice of group health coaching, including group dynamics, engagement strategies, and different delivery contexts, highlighting the role of group coaching in improving access to hauora support..
Module 6: Integrating into the Primary Care Team	Focuses on working effectively within primary care and IPMHA teams, including understanding care models, collaboration, referrals and escalation, privacy and confidentiality, ethical practice, and the responsible use of digital tools such as AI in health settings.

Coaching Skills & Practice

The Health Coaching Skills Workshops and role-play sessions provide structured, skills-based learning that supports trainees to develop practical health coaching capability in line with IPMHA expectations.

The workshops use an interactive, shared-learning model where trainees actively contribute, practise skills, learn from peers, and receive actionable feedback in a supportive environment.

To develop and practise key health coaching skills, trainees will attend and participate in:

LIVE 2-day interactive workshop

LIVE Coaching skills workshops

LIVE Coaching skills role play & mentorship

Learning is highly experiential and includes coaching demonstrations, case-based discussions (including mental health, addiction, and long-term condition scenarios), breakout practice, peer and faculty feedback, and guided reflection.

The workshops are designed to build confidence, professional judgement, cultural competence, and safe practice in real-world health and primary care settings.

Through these workshops, trainees practise:

- Working in partnership with people from diverse backgrounds using person-centred, values-informed, and whānau-centred approaches
- Applying hauora frameworks in health coaching conversations, including Te Whare Tapa Whā, Te Ara Whakamana, the Waitangi Wheel, Hui Process, Talanoa, and Fonofale, to support culturally safe conversations
- Facilitating behaviour change conversations using a range of skills and tools, including motivational interviewing and FACT
- Supporting self-management and health literacy to build confidence, capability, and autonomy
- Coaching across long-term conditions, mental distress, and addiction challenges (within scope), including recognising when to escalate to clinical support while maintaining trust
- Supporting individuals to co-create, test, and adapt action plans, responding to barriers, setbacks, and changing circumstances over time
- Promoting lifestyle foundations (nutrition, movement, sleep, connection) in ways that align with client values, culture, and context
- Using group facilitation skills and group health coaching approaches
- Maintaining professional boundaries, privacy, confidentiality, and informed consent
- Reflecting on practice, managing practitioner well-being, and building confidence through feedback, supervision, and reflective practice

Mentorship & Assessment

Mentorship is delivered through a combination of online group mentoring and in-clinic support, ensuring Health Coaches develop core skills while integrating effectively into IPMHA teams.

Health Coaches receive guidance, feedback, and support that is grounded in real practice and aligned with their local service context.

Assessment takes place at the end of the programme and focuses on demonstrated practice.

A trained marker reviews a health coaching session with a patient, conducts a structured debrief with the Health Coach, and provides clear, developmental feedback to support continued professional growth.

This approach ensures graduates have been assessed on real-world capability and are prepared to practise safely and effectively within integrated care settings.

> The partnership between Mahitahi Hauora and PREKURE has been transformative... By combining PREKURE's innovative, relevant, and evidence-based training with Mahitahi Hauora's community-focused approach, we've cultivated a dynamic environment where our coaches are equipped with the skills, knowledge, and confidence to make a meaningful impact.

Gaelyn Sinclair,
Clinical Hub Nurse, Mahitahi Hauora PHE

Impact & Outcomes

PREKURE IPMHA-trained Health Coaches are prepared to:

- **Manage their caseload** with minimal day-to-day clinical supervision;
- **Navigate health and social services effectively**, supporting tāngata whaiora and whānau to access the right support at the right time;
- Provide **upstream, preventative, and behaviour-change support** that reduces pressure on GPs and nursing teams;
- Support **tāngata whaiora to build self-management capability** for long-term conditions, mental distress, and addiction;
- **Work confidently with priority populations**, using culturally responsive, equity-led approaches rather than one-size-fits-all coaching;
- Contribute to **smoother service flow and better use of clinical time** across primary care and community settings.

> PREKURE Health Coach training has been a primary care practice game changer for us at the Fono. Combining the most up to date evidence-based lifestyle change methods, with the flexibility to deliver in culturally relevant ways has resulted in meaningful and measurable patient and family outcomes. Our Health Coach staff have been enabled with skills and tools to empower families and communities to make informed choices and navigate a wellness journey based on their own values and goals.

Renee Richards-Berry,
Manager LagiOla Healthy Minds

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Deeply Integrated.

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