

# The Australian and New Zealand Health & Wellness Coaching AWARDS

The Australian and New Zealand Health and Wellness Coaching Awards reward excellence in health coaching over the previous two years. These awards are focused on recognising and elevating the profession of health and wellness coaching.

These awards are open to all HCANZA student and full members and anyone who currently meets the criteria to become a professional member of HCANZA. Information on who can nominate is contained in the awards criteria.

## **There are 6 Award Categories:**

1. Outstanding Contribution to Health\*
2. Health & Wellness Coach Advocacy Award\*\*
3. Health & Wellness Coach of the year\*\*
4. Health & Wellness Coach of the year in a Healthcare setting\*\*
5. Business Achievement Award\*\*
6. Health Equity Award\*\*

\*Nomination only award

\*\*You can enter yourself or nominate someone else for awards 3-6. "You" indicates a personal nomination.



## Terms and Conditions

Definition of a Health & Wellness Coach is that you meet the requirements to be a professional member of HCANZA. You do not have to be a current HCANZA member to enter the awards. Award category 1 – Outstanding contribution to health – is open to any person or team working in the health and wellness sector and/or healthcare.

### 1. Key dates

- a. Entries close June 30th 2023.
- b. All finalists will be advised no later than 17th July 2023.
- c. Finalists will be invited to the awards on Wednesday evening 30th August, where the winners will be revealed.

### 2. Nomination requirements

At the time of entry, you will need to supply the following within your online nomination form.

- a. 80-word summary of why your entry is a winning nomination
- b. Upload a document that addresses all of the entry criteria (listed under the heading 'Your entry must include').

### 3. Marketing and promotion

- a. All information within your nomination, excluding commercially sensitive information, may be used to market and promote the Award. Information contained in the finalists' nominations may be used for promotion or displayed during the Award's evening. Any information within the nomination deemed confidential must be clearly indicated within the entry submission.
- b. Finalists agree to have their photos used for The Australian and New Zealand Health & Wellness Coaching Awards.
- c. By submitting your nomination, you agree to be interviewed for promotional and/or editorial coverage.
- d. Sponsors may receive your name/contact/nomination information unless you specifically request that they do not receive it using the tick box at the end of the terms and conditions.

### 4. Judging

- a. Information provided in any entry or nomination will be held by HCANZA and seen by a selection of judges for the purpose of assessing the applications.
- b. All judges will sign a confidentiality agreement and a conflict of interest disclosure form.
- c. The judges reserve the right to re-assign any entry if it is believed to be more appropriate within a different category.
- d. Judges' decisions are final. No correspondence or discussion will be entered into.
- e. Judging of the award categories is undertaken without reference to the sponsors or event promoters.

### 5. Nomination criteria

- a. Nomination is open for people, projects and staff employed and/or self-employed in Australia and/or New Zealand.
- b. The awards are open to **HCANZA members or those who meet the eligibility criteria to be an HCANZA member.**
- c. Entries can be submitted by individuals, teams or organisations, but only one trophy and one certificate will be given per winning entry.
- d. The projects and initiatives described in entries must have been completed within the previous 24 months.



## 6. Process

- a. All entries must be completed online, and all entrant details are to be correctly filled out.
- b. All sections in the entry/nomination form must be completed and specific examples provided for each criterion listed.
- c. All entries will receive email confirmations. If you do not receive a confirmation email, it is your responsibility to follow this up as the entry was not received.
- d. Submissions will not be accepted if they are in a different format from the above.
- e. Entries must adhere to the strict 1000 word maximum, and must contain all the relevant data, be particularly detailed and with full results. Any extra wording will not be read by the judges.
- f. Nominations must comply with entry rules and time deadlines.
- g. All information contained in an entry should be a fair and accurate representation.

## 7. Limitations

- a. You may enter as many categories as you like, but with separate and unique entries and projects. Multiple entries with the same project are NOT permitted.
- b. Entrants nor nominators may not submit the same project that has won within the last five years. However, you may nominate someone or submit an entry for team(s) or organisation(s) that have won in the past five years for new or different projects or initiatives.
- c. An entry may be disqualified if it is in breach of any of the above terms and conditions.



# Outstanding Contribution to Health\*

The winner of this prestigious award will be a person working in the health and wellbeing sector who has made a stellar contribution to health and is an absolute inspiration to others. Their contribution could be made over a lifetime, or through one momentous invention or action, or for achieving recognition on the international stage. Whatever it is they have done, or are doing, it has made a significant positive impact on the health of Australians and New Zealanders. Their initiative or work could span any aspect of health and wellness, healthcare, e.g., technology, business, clinical services, workforce development, education, research, etc.

## Your nomination may include:

- Demonstrate how the person has shown leadership, vision and inspiration
- Demonstration of client-centered care and improvement of client wellbeing
- Impact on health equity
- Impact on a community and/or the sector

## Tell us:

1. Why you believe this person is worthy of the award; include details of projects or initiatives or bodies of work and the impacts they have had and on whom.
2. Why you believe this person's work will inspire others inside and outside of health and wellness coaching to reach for the same heights in their professional lives.
3. Any other awards or accolades or acknowledgements this person has received.
4. The single quality, e.g., doggedness, originality, bravery, that you believe is their secret ingredient to success.

\*Nomination only award



# Health & Wellness Coach Advocacy Award\*\*

*'advocacy influence decisions within political,  
economic, and social institutions'*

This award recognises an exceptional person who has tirelessly worked to advocate and promote health and wellness coaching in Australia and/or New Zealand. You will have an outstanding commitment to health coaching and have demonstrated professional leadership, imagination and innovation to achieve better outcomes and foster the growth and development of other Health and Wellness Coaches.

## **Your entry must demonstrate:**

- How Health and Wellness Coaches can play a role in supporting improved wellbeing outcomes for all Australians and/or New Zealanders Nominee has advanced the cause of H&WC by engagement with political, professional or other organisations for change
- Ongoing professional development and professionalism. Nominee has contributed to research or development of practical standards that advance H&WC
- Leadership Nominee has actively sought opportunities to present the case of H&WC in political or social forums, i.e., Consumer Health Forum event
- 100% commitment to access to the highest ethical and professional standards as described by HCANZA

## **Describe:**

1. The work undertaken.
2. Your engagement with the profession of health and wellness coaching.
3. Your commitment to access to services either through local action and/or national contribution to policy development.
4. How you worked collaboratively across disciplines/sectors to achieve your goals.
5. Any accomplishments.

\*Nomination only award



# Health & Wellness Coach of the Year

You can enter yourself or nominate someone else for this award. “You” indicates a personal nomination.

This award recognises an exceptional health and wellness coach who has addressed the needs of his/her clients and achieved outstanding results. You will have an outstanding commitment to using the fundamentals of coaching combined with evidenced based lifestyle medicine. You will have expended considerable effort and imagination, leadership, collaboration and innovation to address practice and patient-level issues. You will be an inspiration to other aspiring health and wellness coaches.

## **Your entry must demonstrate:**

An exceptional individual who has used their creativity and professional skills to make a sustainable difference to practice and/or patients.

- Excellence in improved health and wellness outcomes
- Awesome leadership and professionalism
- Collaboration with health professionals in other sectors
- Positive impact, e.g., on people’s health,
- 100% commitment to HCANZA ethics and code of conduct

## **Describe:**

1. The coaching you have undertaken in the past 24 months.
2. How you worked collaboratively across disciplines/sectors to achieve your goals.
3. Client results and accomplishments.



# Health & Wellness Coach of the Year in a Healthcare Setting

You can enter yourself or nominate someone else for this award. “You” indicates a personal entry or a nomination.

This award recognises the exemplary work of a health and wellness coach where they have made an outstanding individual contribution to patient care in a healthcare setting. You will have expended considerable effort and imagination, leadership, collaboration and innovation to address practice and patient-level issues.

## **Your entry must demonstrate:**

- An exceptional individual who has used their creativity and professional skills to make a sustainable difference to practice and/or patients
- Excellence in care and health outcomes
- Creativity and originality
- Awesome leadership and professionalism
- Collaboration with health professionals in other sectors
- Positive impact, e.g., on people’s health, GPs, nurses and others

## **Describe:**

1. How your individual efforts have overcome significant obstacles in meeting health targets.
2. Your impact on improving equity; working to understand differences in, and engage with, the patient population.
3. The level of creativity and imagination applied to your projects or initiatives.
4. The development of high-quality partnerships, i.e. with team, patients, patients’ whānau/family.
5. Any accomplishments that were beneficial to your team, practice and patients.



# Business Achievement Award

You can enter yourself or nominate someone else for this award. "You" indicates a personal entry or a nomination.

This award recognises excellence in business acumen and achievement in the area of health and wellness coaching. The winner will be a business (or business owner/manager) that has focused on achieving outstanding results for their health and wellness coaching business. You may have had to pivot at pace to maintain viability. Or you were able to thrive in the face of adversity. Your drive and ambition to be profitable and able to adapt to meet industry challenges will be obvious, as will your willingness to learn as you go.

## **Your entry should demonstrate:**

- Adaptability and creativity
- Positive impacts on your business and beyond
- Sustainability in your financial model

## **Describe:**

1. The nature of your business and challenges faced and how you overcome them.
2. How your efforts improved aspects of your business and your client/patient outcomes
3. How your efforts can be sustained to ensure survival/growth.





# Health Equity Award

This award honors individuals or organisations that have made significant contributions to advancing health equity through innovative programs, coaching, policies, or research aimed at reducing health disparities and promoting health equity for underserved and marginalized communities.

## Your entry must demonstrate:

- Positive impact on people's health outcomes
- 100% commitment to HCANZA's ethics and policies

## Describe:

1. The specific population you have worked with and why increasing health equity in this population is important
2. How you have made an impact on more equitable outcomes for this population
3. Outcomes and any formal or informal feedback

## Top tips for your entry

We're hoping to receive heaps of entries and nominations. In a crowded field, how can your entry or nomination stand out? Follow our top tips and tricks to help your work really shine.

1. Make time to enter – it's always a shock to see how fast the time slips by!
2. Enter and follow the instructions, paying close attention to word lengths, clear descriptions of your work and editing.
3. Concisely explain: What, Who, Why and How.
4. Tell a great story – inject some colour.
5. Show commitment to your community.
6. Focus on outcomes.
7. Share your energy and drive.
8. Show how your persistence paid off.
9. Avoid waffle and jargon.
10. Show how you embraced change.
11. Everyone loves a statistic – use some.
12. Make a video to bring your entry to life.

