

HEALTHY FUTURES

LIVE LIFE *Well*

THE
ONLY
MAGAZINE
DEDICATED TO THE
HEALTH COACHING
PROFESSION

BREAKING FREE FROM BINGE EATING

THE ROLE THAT HEALTH COACHES CAN PLAY

SIX THINGS I WISH I'D KNOWN SOONER AS A NURSE

FROM PRESSURE TO PURPOSE: INSIGHTS EVERY
HEALTHCARE PROFESSIONAL NEEDS

THE MISSING PIECE IN THE GLP-1 CONVERSATION

WHY LASTING CHANGE TAKES MORE THAN
JUST AN INJECTION

COULD HEALTH COACHES BE THE MISSING LINK IN THE NHS 10-YEAR PLAN?

AI & THE FUTURE OF HEALTH COACHING

INTRODUCING A WHOLE NEW
WORLD OF OPPORTUNITY

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HEALTHY FUTURES

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HCA CO-FOUNDERS: ANN GARRY & CAROLYN ST JOHN LODER

HEALTHY

A MESSAGE FROM THE FOUNDERS

FUTURES

Welcome to the only magazine dedicated to the growing profession of health coaching. We are thrilled to bring you this publication, a project born from our passion and commitment to transforming lives through health coaching.

The world of health is changing, fast. Hardly a day goes by without headlines about weight-loss injections, advances in AI, or debates about the NHS and its long-term plan. Each of these stories highlights the same reality: healthcare is evolving, and with it comes a growing need for new approaches to support people in living healthier lives.

This is exactly where Health Coaches play such a vital role. Health coaching is not about quick fixes, it's about real transformation; equipping people with the tools, confidence, and support to make sustainable lifestyle changes that prevent and even reverse chronic conditions. That shift is no longer optional; it's essential.

The NHS's 10-year plan puts prevention at the heart of the future of healthcare. We believe Health Coaches are uniquely placed to help deliver on that promise.

By guiding individuals through the everyday choices that impact their health such as nutrition, exercise, sleep, stress, and mindset, Health Coaches bridge the gap between medical advice and meaningful, lasting action.

In this issue, you'll find inspiring stories from healthcare professionals who have combined health coaching with their clinical expertise, along with features on the rise of weight-loss injections and the role of AI in the health coaching world. You'll also discover a range of articles designed to inform, inspire, and spark fresh ideas for your own health coaching journey whether you're currently training, a graduate or simply curious.

At HCA, our mission remains clear: to create a global movement that empowers individuals to take control of their health, prevent lifestyle-related disease, and live longer, healthier, and happier lives.

We envision and continue to build a future where health coaching is at the forefront of healthcare, helping people around the world achieve better health and wellbeing and live life well. Health coaching is one of the fastest growing professions of this decade and we are thrilled to be a leader in this global movement.

With warm regards,
Carolyn St John Loder & Ann Garry
Co-Founders, Health Coaches Academy

6 THINGS I WISH I'D KNOWN SOONER AS A NURSE



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After years working in the fast-paced world of A&E, I've learned that nursing is as much about how we care for ourselves as it is about how we care for others. My journey into health coaching hasn't been about abandoning nursing, it's been about deepening it. If I could share a few lessons with my younger self, here's what I wish I'd known sooner...

1.

PUSHING THROUGH ISN'T A BADGE OF HONOUR

Early in my career, I thought being a “good nurse” meant going non-stop. Like many colleagues, I worked long hours without breaks, juggled competing demands, rarely paused to check in with myself and put my own needs last. While I didn't experience full burnout, I definitely felt the strain.

Over time, I've come to understand that small shifts in how we care for ourselves can make a huge difference. Things like eating in a way that supports stable energy, getting enough sleep, moving more and having clearer boundaries are habits that have helped me show up more fully in my work and my life.

2.

CHANGE DOESN'T HAVE TO BE DRAMATIC

There wasn't a big turning point for me - just a quiet, growing interest in wellbeing. I began making simple changes in my own life: improving my diet, getting more sleep, and moving more, because I've always believed in prevention and staying well. But as I continued to see so many more patients presenting with increased tiredness, blood sugar imbalances, chronic stress and lifestyle-driven illness, I felt increasingly drawn to do more.

Training as a Health Coach has given me the tools and confidence to support people differently - to go beyond symptom management and help them make real, lasting changes. It's brought a renewed focus to my work and helped me feel more aligned with the kind of impact I want to make.



HCA HEALTH COACH GRADUATE & REGISTERED NURSE,
PENNY SAICH

3.

THE NERVOUS SYSTEM DESERVES MORE ATTENTION

One of the most powerful shifts for me has been learning about the nervous system and its role in health. I now understand how stress and emotional regulation affect everything from digestion and sleep to hormones, mood and motivation.

Health coaching has helped me see beyond the symptoms and start listening more deeply, to what's said, and what's not said. I now hold space for people in a different way. It's less fixing, and more about understanding.

“Health coaching doesn't mean walking away from your clinical skills - it means expanding what you can offer. It's been a privilege to bring this approach into primary care.”

4

THERE IS A DIFFERENT WAY TO WORK

To those in the healthcare industry who are feeling depleted or wondering what's next, I'd say this: there is a different way to work. I'm still very much in clinical practice, but I now combine my nursing background with a coaching approach.

Health coaching doesn't mean walking away from your clinical skills - it means expanding what you can offer. It's been a privilege to bring this approach into primary care, especially within group sessions as well. We're creating space for deeper conversations, shared experiences and real behaviour change. And that feels meaningful in a system that often doesn't allow enough time.

5. HEALTH COACHING HELPED ME RECONNECT WITH MY 'WHY'

For me, there wasn't a dramatic turning point, but more of a growing sense that I wanted to practise in a way that allowed me to go deeper. I've always loved connecting with people, but I often feel and still feel limited at times by short appointments and reactive care.

Health coaching has allowed me to reconnect with the 'why' I became a nurse in the first place, and to help people feel seen, supported and empowered to take control of their health. It's been one of the most rewarding pivots of my career so far.

6. YOU ALREADY HAVE WHAT IT TAKES

Health coaching doesn't mean leaving behind your clinical knowledge - it builds on it. As nurses, we already know how to care, how to listen, how to advocate.

Coaching simply gives us another set of tools to help people move forward in their lives and health.

If you're curious, I'd encourage you to explore it. You might find, like I did, that it brings a renewed sense of purpose to the work you already do.

Written By: Penny Saich | HCA Health
Coach Graduate & Registered Nurse



BEYOND THE SCALE:

WHY MINDSET AND HABITS ARE THE MISSING PIECE IN THE GLP-1 CONVERSATION

There's been growing interest around weight loss injections like Ozempic, Wegovy, and Mounjaro, known as GLP-1 medications, which are changing how some people experience hunger, fullness, and weight loss itself, and chances are, your clients (or future clients) will be talking about them.

These medications, originally developed for diabetes, are now being widely used to help suppress appetite, reduce cravings, and deliver dramatic weight loss. For many people, they offer hope after years of struggle.

But beyond the headlines and before-and-after photos, there's a quieter story unfolding. One deeply relevant for health coaching.

Because whilst GLP-1s can change the body, they don't automatically change habits, mindset, or a client's emotional relationship with food. And that's exactly where a Health Coach's work begins.

WEIGHT LOSS ISN'T JUST PHYSICAL, IT'S PSYCHOLOGICAL

GLP-1 medications can suppress appetite so significantly that food no longer dominates your client's thoughts.

Food, after all, has long been more than just fuel - it's comfort, distraction, celebration, reward.

As a Health Coach, you may meet clients who feel 'free' from food noise - but also those who feel unsettled when food loses its emotional role. Supporting clients through this transition is less about food itself and more about helping them build new coping tools.

WHY HABITS STILL MATTER, EVEN WITHOUT HUNGER

While GLP-1 medications work on the biological level, they don't teach clients:

- How to listen to their body's actual needs
- How to prepare nourishing meals
- How to stop eating when they're stressed or overwhelmed
- How to move in a way that builds strength and confidence
- How to shift their mindset from self-criticism to self-compassion

In short: they can quiet the appetite, but they don't change the behaviours or patterns that led to weight gain in the first place.

These are precisely the habits that Health Coaches are trained to help clients change.

WHAT HAPPENS WHEN GLP-1S STOP?

Research shows that when people stop taking these medications most regain much of the weight they lost, sometimes within just a year or two.

Why? Because hunger returns, cravings return and if new habits weren't built along the way, then old patterns take over. For many, it's not a lack of willpower, it's simply that they never learned the skills or mindset shifts needed to maintain their progress.

For Health Coaches, this highlights why supporting long-term habit and mindset change is critical.

THE EMOTIONAL SIDE OF APPETITE LOSS

What surprises many people is the emotional impact of these drugs. Without the "food noise," some feel calm. Others feel uncomfortable, even sad. It's not uncommon to hear clients say things like:

"I've lost weight, but I still feel anxious."

"Eating used to bring me joy, now I just don't feel like myself."

"I thought I'd feel confident, but I still struggle with self-worth."

This is especially true for those who have used food to soothe emotions like stress, loneliness, boredom or anxiety. When food is removed as a coping tool, it leaves a gap, both emotionally and psychologically.

As a coach, recognising these emotional shifts allows you to help clients explore new sources of joy, confidence, and self-worth.



WHY YOUR CLIENT'S 'WHY' MATTERS

If you have clients using or considering GLP-1 medications, helping them to articulate their deeper WHY — beyond weight — anchors their behaviour change. This is a core part of the coaching process. Not just "Because I want to lose weight" but something deeper:

- "I want to feel proud and confident in my body."
- "I want to be more present and active with my family."
- "I want to feel strong, focussed, and full of energy."

Your client's 'why' helps anchor their choices. It connects their effort to something meaningful. And when their motivation comes from a place of self-worth, not self-punishment, their habits become more sustainable.

THE RISK OF MUSCLE LOSS AND WHY IT AFFECTS MORE THAN JUST STRENGTH

As a future Health Coach you'll want to understand that one common but lesser-known effect of GLP-1 medications is muscle loss.

When appetite drops, many people eat less, including less protein. And without resistance exercise (like strength training), the body can lose lean muscle during weight loss. This matters not just for the body, but also for the brain. Muscle supports:

- Your metabolism
- Your energy levels
- Your hormone health
- Your mental clarity

Losing muscle can lead to fatigue, brain fog, and emotional flatness, especially if weight is regained as fat later. Guiding clients toward strength-building routines and adequate protein intake can mitigate this.

"When the injection stops, what remains is your mindset and that's where a Health Coach makes all the difference."



EMOTIONAL EATING DOESN'T DISAPPEAR. IT JUST WAITS...

Even on GLP-1s, emotional eating doesn't vanish - it waits. Coaches can help clients recognise triggers, build emotional resilience, and develop new self-soothing strategies.

Common signs include:

- Eating when bored, lonely, or anxious
- Craving specific comfort foods even after a meal
- Feeling guilty or ashamed about eating
- Mindless snacking while scrolling or watching TV
- Using food to numb uncomfortable feelings

Emotional eating isn't about discipline. It's about recognising unmet needs and finding healthier ways to meet them.

That might mean your clients need to learn how to sit with difficult emotions, seek social support, use movement to release stress, or build self-soothing habits that don't involve food.

THE POWER OF BEHAVIOURAL SUPPORT

This is where Health Coaches come in. Medication can quiet appetite, but only coaching helps clients learn, practise, and sustain the behaviours that create long-term wellbeing.

Behavioural change isn't about your clients 'getting it right' from day one.

It's about:

- Becoming more aware of their habits
- Learning to pause and choose with intention
- Practising new patterns until they become part of who they are

As a student, practising or future Health Coach, this is an opportunity: to understand the landscape of weight-loss medication, and to stand firmly in your role as the guide for mindset, habit, and holistic wellbeing

YOUR CLIENTS ARE MORE THAN A NUMBER ON THE SCALE

GLP-1 medications are a tool, not a finish line. They can give the body a boost, but it's the brain, habits, and heart that will carry the change forward.

So whether your clients are on medication, considering it, or choosing a different path entirely, some excellent coaching questions to ask are:

- *What's your deeper reason for wanting change?*
- *How do you want to feel in your life, beyond just your body?*
- *What habits support that feeling?*

Because when the injection stops... what remains is the client's mindset — and that's where a Health Coach makes all the difference.

Curious about how to support your body's natural appetite and blood sugar regulation with simple foods and daily habits, rather than medication? In the next article, we explore how to activate GLP-1 naturally, and what these hormones are really doing behind the scenes.



WEIGHT LOSS INJECTIONS WITHOUT A PRESCRIPTION

HOW YOUR KITCHEN & LIFESTYLE HABITS CAN BOOST METABOLIC HEALTH



For many, the promise of GLP-1 medications, such as Ozempic, Wegovy, and Mounjaro, which aid in weight loss, control blood sugar, and reduce appetite, seems like a miracle. What began as a diabetes medication has become the weight loss solution, with celebrities and influencers fuelling the now-called “Ozempic Fever”.

But what if you could activate the same powerful metabolic pathways these expensive drugs target, but naturally, using everyday foods already available in your kitchen, and introducing small lifestyle habits into your daily routine?

WHAT IS GLP-1 AND WHY DOES IT MATTER?

GLP-1 (glucagon-like peptide-1) is a hormone produced in intestinal L-cells in the gut and serves as a critical messenger in your body’s metabolic network. It plays a crucial role in blood sugar regulation, satiety, and metabolic health. GLP-1:

- Enhances insulin secretion (helping regulate blood sugar)
- Slows gastric emptying (so you feel fuller for longer)
- Reduces appetite and cravings
- Promotes feelings of fullness
- Supports weight loss and metabolic function

WHAT ARE OZEMPIC & WEGOVY?

Ozempic and Wegovy contain semaglutide, the synthetic version of the hormone GLP-1. By mimicking this hormone, semaglutide helps lower blood glucose levels, slows gastric emptying, promotes satiety (feeling full), and reduces food intake, often resulting in significant weight loss over time.

This means users tend to feel fuller for longer and eat less, which can lead to a caloric deficit and weight loss.

THE BENEFITS OF WEIGHT LOSS INJECTIONS

Clinical trials have demonstrated the effectiveness of semaglutide-based treatments. Some of the key benefits include:

- Significant weight loss (average of 10-15% of body weight in trials)
- Improved blood sugar control and insulin sensitivity
- Reduced risk factors for cardiovascular disease
- Decreased appetite and fewer food cravings

CONCERNS AND CONSIDERATIONS:

Despite the promising outcomes, weight loss injections are not a cure-all and come with important caveats:

- **Side Effects:**

Common side effects include nausea, vomiting, constipation, diarrhoea, and fatigue. In some cases, more serious complications such as pancreatitis or gallbladder issues may occur.

- **Long-Term Safety:**

Because these medications are relatively new for weight management, long-term safety and effectiveness data are still being gathered.

- **Sustainability:**

Once the medication is stopped, many individuals experience weight regain unless accompanied by lasting lifestyle changes.

- **Cost and Accessibility:**

These treatments can be expensive. Due to mounting pressure from the US administration for multinational pricing parity, UK orders of Mounjaro have temporarily been halted ahead of a dramatic 170% price increase, taking the top-tier dose from £122 to £330 per month!

- **Potential Nutrient Deficiency:**

One concern is that a significant reduction in appetite and food intake can lead to inadequate nutrient consumption. When individuals eat considerably less, they may miss out on essential vitamins, minerals, and macronutrients needed to support immune function, muscle mass, energy, and overall vitality.

The good news?

You don't necessarily need a prescription to stimulate GLP-1 production. The body has its own built-in pharmacy; you just need to know how to support it.

Emerging research shows that certain everyday foods and lifestyle strategies can activate GLP-1 secretion and improve insulin sensitivity, without the side effects or dependency associated with synthetic drugs.



FOODS THAT STIMULATE GLP-1

Here's how the foods you eat each day interact with your metabolism and can stimulate GLP-1, according to scientific research:

HIGH FIBRE FOODS

Soluble fibre, found in oats, legumes, apples, and flaxseeds, stimulates GLP-1 secretion by slowing digestion and enhancing fermentation in the gut. A recent study showed that dietary fibre boosts endogenous GLP-1 levels through microbial fermentation and short-chain fatty acid (SCFA) production.

FERMENTED FOODS

Probiotics in yogurt, kefir, sauerkraut, and kimchi help modulate gut microbiota, which influences GLP-1 production. A healthy microbiome is linked to improved GLP-1 production and insulin response. Gut microbes, particularly *Akkermansia muciniphila*, have been linked with improved GLP-1 levels and insulin sensitivity).

HEALTHY FATS

Monounsaturated fats (like those in olive oil and avocados) and omega-3s (in salmon, walnuts, and chia seeds) increase GLP-1 secretion, reduce inflammation and improve insulin response. A 2021 clinical trial in *The American Journal of Clinical Nutrition* found that meals rich in monounsaturated fats significantly increased GLP-1 levels post-meal.

POLYPHENOL-RICH FOODS

Blueberries, dark chocolate, green tea, and red grapes contain flavonoids and polyphenols, which enhance gut hormone release and reduce oxidative stress. These flavonoids increase GLP-1 secretion and insulin sensitivity. Polyphenols have been shown to enhance GLP-1 secretion and reduce inflammation (*Molecular Nutrition & Food Research*, 2021).

SPICY FOODS (CHILLI PEPPERS)

Capsaicin, the compound in chilli, may stimulate GLP-1 secretion and increase feelings of fullness. A 2017 paper in *Appetite* found that capsaicin increases GLP-1 and reduces hunger post-meal.

LIFESTYLE HABITS THAT SUPPORT GLP-1 FUNCTION

Simple daily habits can enhance GLP-1 function and support overall metabolic health. Here's how to incorporate them into your routine:

MINDFUL EATING

Eating slowly and chewing thoroughly can improve gut hormone signalling, including GLP-1 release, by giving your body time to register satiety.

POST-MEAL MOVEMENT

Light activity after meals (like a walk) helps stabilise blood sugar and enhance the hormonal response to food, supporting hormone balance.

PRIORITISE SLEEP

Poor sleep disrupts glucose metabolism and GLP-1 signalling and blood sugar control. Aim for 7–9 hours of restorative sleep nightly.

THE BOTTOM LINE

GLP-1 medications can offer short-term relief, but they aren't your only option, and they're not without side effects or dependency risks.

Sadly, they don't address the underlying behaviours, habits, and lifestyle patterns that contribute to weight gain in the first place. These medications are also not a substitute for a healthy relationship with food, movement, and self-care.

You don't need a prescription to begin reaping the benefits of GLP-1. Your body has the ability to support its hormone balance naturally, especially when nourished with the right foods and habits. Every meal is an opportunity to activate your internal pharmacy.

Food-first strategies offer a powerful, sustainable, and side-effect-free way to support blood sugar balance, manage appetite, and boost metabolic health. Every time you prepare a fibre-rich salad, enjoy a bowl of Greek yoghurt, sip on green tea, or go for a post-meal walk, you're helping your metabolism work smarter, not harder.

Written By:

Eva Todd | HCA Health Coach Graduate

BREAKING FREE FROM BINGE EATING

WHY IT HAPPENS, WHY IT'S NOT YOUR CLIENT'S FAULT, AND SUPPORTING A WAY FORWARD

For many people, binge eating feels like a secret struggle - something hidden in the back of cupboards, eaten in the car before going inside, or polished off late at night when no one is watching. It can be accompanied by deep shame, guilt, and a harsh inner critic.

What's less known is that binge eating disorder is the most common eating disorder, more so than anorexia or bulimia, yet it's also one of the least talked about. Many people don't realise they meet the criteria for diagnosis, and countless more are living with symptoms without recognising them for what they are.

Suzanne Laurie, a Nutritional Therapist with a master's degree in positive psychology and specialist training in emotional and binge eating disorders, says the silence around it is part of the problem:

“I pretty much guarantee you are not the only person in the room struggling with this issue. You're just not talking about it.”

For existing and aspiring Health Coaches, understanding binge eating disorder opens up a powerful way to make a difference - by helping people step out of secrecy and shame and into a space of safety and support.

SO, WHAT IS BINGE EATING DISORDER?

We all overeat sometimes. But binge eating disorder goes far beyond the occasional big night or indulgent treat. It's marked by:

- Eating large amounts of food in a short period of time
- Feeling out of control during the episode and unable to stop
- Eating quickly and often to the point of physical discomfort
- Eating in secret, or hiding evidence of what's been eaten
- Feeling intense shame or guilt afterwards

It's different from emotional eating, which might be triggered by stress, boredom, or habit. While emotional eating can also be challenging to manage, it's often less extreme – a client may eat when they're not hungry but usually stop at fullness or mild discomfort. In contrast, binge eating often continues until they feel extremely uncomfortable, which may or may not be followed by purging.

With binge eating, the urge can feel overwhelming, and clients may describe stockpiling food, going through multiple cupboards, or ordering enough takeaway for several people and eating it alone.

WHY IT'S SO HARD TO STOP

Unlike addictions to alcohol or drugs, food is something we need to survive. You can't go "cold turkey" on eating. For those you support this means they can't simply avoid their trigger in the same way they might with substances. We live in a world saturated with diet culture, food advertising, and constant messages about body size.

Many of us were raised with mixed or moralising messages about food - being told to clear our plates, labelling foods "good" or "bad," or watching family members cycle through endless diets.

On top of this, food is one of the quickest ways to trigger a dopamine hit in the brain, especially highly processed, sugary, or fatty foods. Once your brain learns that food offers relief from stress, loneliness, or discomfort, it keeps going back for more.

And here's the paradox: it's often not the binge itself that fuels the cycle - it's the restriction that comes before it.

Helping clients (or understanding how you might in a future coaching role) to see how skipping meals, cutting out food groups, or starting yet another "Monday diet" creates the perfect environment for the binge-restrict- binge pattern is key.



IT'S NOT ABOUT WILLPOWER, AND IT'S NOT THEIR FAULT

People who binge eat often label themselves as lazy, greedy, or lacking self-control. But that's not what's really going on:

“Their brain is doing what it thinks is best for them. We are wired to find something that makes us feel better.

Once the brain learns that food works, it's going to keep going back - until we teach it another way.”

SUZANNE LAURIE,
CPD DEVELOPMENT LEAD & MENTOR AT HCA

“

For those considering a coaching career, this is an important reminder: your role is not to judge or “fix,” but to create a safe, supportive environment that helps clients find new ways of coping.

BREAKING THE CYCLE

Recovery from binge eating disorder isn't about more rules, stricter diets, or gritting their teeth. In fact, those approaches often make things worse. As a Health Coach, your role is to support clients in creating a new relationship with food, and with themselves.

Here are some key things to encourage:

1. ENCOURAGE SPECIALIST HELP

Binge eating disorder is complex, and generic diet advice can unintentionally cause more harm. A trained eating disorder specialist can help clients understand the root causes and provide tools that work for them.

2. DITCH THE SHAME

Shame thrives in secrecy. Encourage them to talk to someone they trust. Remind them that they're not alone and struggling doesn't mean they're broken.

3. CHALLENGE THE FOOD RULES

Labelling food as “good” or “bad” fuels guilt and restriction. Invite clients to reframe food by asking “Will this nourish me or punish me?” Nourishment isn't just about nutrients, sometimes it's about joining in on a slice of birthday cake because it feeds your soul, not just your body.

4. REBUILD HUNGER & FULLNESS CUES

Years of dieting or bingeing can switch off the body's natural signals. Part of recovery is slowly relearning to listen to them, without fear or judgement.

5. FILL THE GAP THAT FOOD IS FILLING

Food often steps in where joy, purpose, or comfort are missing. As a Health Coach, you can help clients explore hobbies, enjoyable movement, social connection, and other forms of self-care.

6. ENCOURAGE DAILY SELF-COMPASSION

Recovery is not a straight line. There will be ups and downs. Encourage clients to speak to themselves like they would to a friend, especially on tough days.

THE BIGGER PICTURE

Ultimately, binge eating disorder isn't just about food. It's about how we cope, how we see ourselves, and the messages we've absorbed over a lifetime. Whether you're already coaching or are considering becoming one, remember this: creating space for open, honest conversations without blame or shame is one of the most valuable gifts you can offer.

UNLEARNING SELF-LOATHING:

HCA GRADUATE HEALTH COACH,
VICTORIA BOXALL-HUNT

THE RADICAL POWER OF SELF-COMPASSION

For most of her life, Victoria Boxall-Hunt felt like she was at war with her body. From childhood into her 40s, food was a comfort, a coping mechanism, and at times, a punishment. She dieted, binged, restricted, and restarted more times than she can count. The scale often told her she was failing. But the truth is, what she was really carrying wasn't just extra weight - it was years of shame, grief, and a deep belief that she wasn't enough.

At her heaviest, Victoria weighed 120kg. Over the years, she lost weight and regained it, again and again.

“I’ve probably lost more than I actually weigh. But I’ve been around 62kg for the past four years, and this time it feels different. This time, I’m not white-knuckling it. I’m not in battle. It’s not coming from a place of self-loathing anymore - it’s

LOVE.”

Her story is not one of overnight success. It's not a tidy before-and-after. It's a deeply human, often painful, but ultimately hopeful journey of learning how to treat herself with care. And it began, unexpectedly, in the middle of grief.

Twelve years ago, Victoria was rushing home late one Thursday night, overwhelmed and emotionally drained, when her phone rang. It was her mum, calling with news that would shake her to her core: she had leukaemia.

At that moment, something shifted. “Suddenly, it wasn't about me anymore. I had to show up for my mum, for my family, for myself. I couldn't keep putting my energy into hating my body or numbing out with food. Life was too precious.”

It was grief that cracked her open, but it was compassion that started to rebuild her. For the first time, her motivation wasn't to shrink her body, it was to expand her life. She began asking new questions, not “What diet should I try next?” but “How can I take care of myself today?”

Victoria's relationship with food had been shaped early. Growing up, she felt like the “fat, difficult one” in a family of slim, high-achieving women. She left school at 16, struggled with undiagnosed dyslexia, and learned to navigate the world with a relentless drive to prove herself. Food became her comfort, her rebellion, her relief.

But the more she tried to control it, the more control it seemed to have over her.

Returning home from a stint working in the U.S. at 19, she had gained significant weight and was met with stunned silence. “No one really knew what to say,” she recalls. “But I could see the shock. That moment stayed with me.” What followed was a two-decade cycle of dieting, punishing workouts, and shame-fuelled restarts.

Even as she built a successful career and loving family, she says, “There was this quiet belief underneath it all that I wasn’t quite enough.” And when the weight crept back, the self-loathing grew louder. “Each time, I thought - ‘See? You’ve failed again.’ I was outsourcing my worth to the scale.”

It wasn’t until her mum’s diagnosis that she began to see things differently. The urgency of grief gave her permission to stop striving and start listening to her body, her needs, her emotions:

“I realised I wasn’t broken. I was just tired and disconnected. I had to stop trying to fix myself and start trying to know myself.”

She began with the smallest steps: drinking more water, getting more sleep, going for short walks. “I had no willpower left, so I focussed on capacity instead. What can I do today that feels kind?”

Slowly, gently, things started to shift. She started journaling. She reduced alcohol. She created moments of quiet in the chaos of daily life. “I moved from my head into my heart,” she says. “And my body responded.”

The weight began to come off - not through restriction, but through reconnection. Over two years, she lost 20kg. Then another 20. Eventually, she settled into a weight that felt good and sustainable. But more importantly, she found peace.

Her new approach to health wasn’t perfect and she’s honest about that. There were still moments of over-exercising, strict food rules, or chasing the next “fix.” But now, she catches herself with kindness. “I don’t need to swing from all-or-nothing anymore,” she says. “I can live in the grey.”

Looking back, she sees her weight loss as a by-product of something far deeper: the decision to treat herself with compassion, to make space for healing, and to stop waiting for a thinner version of herself to feel worthy.



Today, Victoria Boxall-Hunt is Chief People Officer and Group Operations Director for an international Family Office, as well as an HCA-certified Health & Wellness Coach, speaker, and wellbeing consultant. Alongside her corporate leadership work, she supports individuals navigating complex relationships with food, body, and self-worth, including those living with obesity and exploring GLP-1 medications. She continues to shape workplace wellbeing strategies while also writing a book and developing a programme focussed on sustainable, mindset-first health.

If you’re on your own journey towards better health, whether that means losing weight, building a kinder relationship with your body, or simply feeling more in control of your wellbeing, consider training to become a Health Coach. Like Victoria, many who take this path experience their own powerful transformations, then go on to help others do the same.

Visit www.healthcoachesacademy.com to find out more about the HCA Level 5 Diploma in Health & Wellness Coaching



HEALTH COACHING HAS GIVEN ME A LEVEL OF FLEXIBILITY I NEVER IMAGINED POSSIBLE IN MEDICINE. IT HAS NOT JUST BEEN A CAREER SHIFT, IT HAS BEEN A LIFE SHIFT.

HCA GRADUATE HEALTH COACH & GP,
DR JANE SEHGAL

HOW I FINALLY MADE MY CAREER AS A GP WORK AROUND MY LIFE



As a GP working in and around Edinburgh, I have spent years caring for others, often at the expense of my own health and wellbeing. Like many in the medical profession, I felt the pressure of back-to-back consultations, mountains of paperwork, and very little time to pause, reflect, or recover.

Everything started to shift last year when I trained as a Health Coach with the Health Coaches Academy, graduating in December 2024. Since then, I have launched my own health coaching business, Better Health With Dr Jane. I now combine my locum GP work with private health coaching, and for the first time in years, I feel I have found a balance that works not just professionally, but personally too.

What I love most about health coaching is the time I get to spend with clients. Rather than rushing through ten minute appointments, I can really get to know the person in front of me, their goals, their challenges, and what has been holding them back. Coaching gives us the space to explore these areas deeply and build lasting change.

MORE FLEXIBILITY, LESS STRESS

Health coaching has given me a level of flexibility I never imagined possible in medicine. I now choose my working hours and how I divide my time between coaching and GP sessions. Most of my coaching work is done online, which means I can work from home, avoid the commute, and create a rhythm that suits my health, my energy, and my family.

This flexibility has been life changing. I have an autoimmune condition that affects my spine, and having control over my schedule means I can prioritise my own health too. I can now go to the gym at times that suit me, cook a nourishing lunch at home, and take proper breaks—things that were once a luxury in a hectic GP surgery.

DEEPER CONNECTIONS, MORE IMPACT

What I love most about health coaching is the time I get to spend with clients. Rather than rushing through ten minute appointments, I can really get to know the person in front of me, their goals, their challenges, and what has been holding them back. Coaching gives us the space to explore these areas deeply and build lasting change.

This slower, more focused pace means I am less stressed and more present. I am not constantly looking at the clock or feeling the pressure of the next patient. I make my own schedule, which allows for real quality time with each client.

WHERE I AM NOW

Currently, I dedicate two to three days a week to health coaching, supporting a mix of one-to-one clients and small group programmes. Recently, I have been focussing on people using weight loss medications such as GLP-1 receptor agonists, helping those considering coming off them, or supporting clients early on to build sustainable lifestyle habits. I firmly believe this support should start at the beginning of a weight loss journey, not just when the medication stops. I also continue locum work one or two days a week. As I grow Better Health With Dr Jane, I spend time each week learning to market myself and reach the right people. I am gradually getting to grips with social media, and later this year, I'll be doing an Instagram Live with a PCOS educator who has over 196,000 TikTok followers—something I'm really excited about.

I've contributed an article to the Mums and Dads of Edinburgh magazine and will be one of 12 exhibitors at the Women on Top Summit, which brings together 300 women from the vibrant Facebook community EGG, which has over 50,000 members. Later this month, I'll also appear on the HCA podcast to share more of my journey—another exciting first!

FAMILY FIRST, WITHOUT GUILT

I now get to drop off and pick up my children every day. I am no longer missing the small, everyday moments that mean so much. I have more energy for my family in the evenings because I have had time to look after myself during the day.

This balance has not just changed my life, it has changed my family's life too. I feel more fulfilled, more present, and more in control of how I spend my time.

A BETTER ME, FOR MY CLIENTS

Looking after myself has made me a better coach and a better GP. I have more energy, more empathy, and more focus for every person I support. I truly believe that when we create space to care for ourselves, we show up in a more powerful way for others.

Becoming a Health Coach has not just been a career shift, it has been a life shift. And I am so grateful for the balance it has brought into my world.



DR JANE SEHGAL AT IN-PERSON GRADUATION CEREMONY WITH HCA CO-FOUNDERS, CAROLYN & ANN

AI AND THE FUTURE OF HEALTH COACHING

BALANCING INNOVATION, VALUES, AND THE HUMAN TOUCH

“

Artificial Intelligence (AI) is no longer just a buzzword. It's woven into everyday life, from route suggestions on our GPS to song recommendations on our playlists.

Innovation is one of my core values and so I am a bit like a kid in a candy shop at the moment! I am spending so much time playing and learning with AI and I am astounded at the rapid growth of AI platforms and the integration of AI functionality within platforms and apps that we use in our day-to-day life.

For Health Coaches and those who are considering stepping into the profession, AI opens up a world of opportunity: amplifying impact, streamlining administration, and sparking creativity. And if you're at the stage of exploring health coaching as a career, you might also be wondering what the rise of AI means for you, what your future work could look like, and whether this human-centred role will still be needed.

The good news is that while AI is changing the landscape, it isn't replacing what makes health coaching truly valuable. At its core, health coaching has always been about human connection. AI can assist, but it cannot replace the deep empathy, trust, and insight that coaches bring.

**The future isn't AI or human.
It's AI + human - working
together to support better
health outcomes.**

HOW AI SUPPORTS HEALTH COACHES

AI is most powerful as a support tool - freeing you to spend more time doing the work that changes lives. Here are some practical ways it's already helping:

STREAMLINING ADMIN

Session notes, follow-up emails, scheduling, and reminders can all be automated or assisted by AI. This reduces time spent on paperwork and gives you more time with clients.

SPARKING CREATIVITY

Need a fresh approach to explain a tricky concept? AI can help brainstorm analogies, create engaging content, or simulate tricky client scenarios for practice.

STAYING INFORMED

AI tools can summarise research, highlight emerging trends, and keep you up-to-date; acting like a research assistant who never sleeps.

SUPPORTING CLIENTS BETWEEN SESSIONS

AI-powered nudges, reminders, and educational tools can help keep clients on track between coaching sessions, reinforcing the work you're doing together.



HCA HEALTH COACH STUDENTS AT A 3-DAY LIVE TRAINING EVENT, LONDON

If you're exploring health coaching as a career, imagine stepping into the role with these kinds of tools already available, giving you more space to focus on learning, building relationships, and developing the human skills that really make a difference.

WHERE THE HUMAN TOUCH IS IRREPLACEABLE

While AI offers efficiency, health coaching's transformational power lies in human connection.

AI cannot:

- Sense the hesitation in a client's voice.
- Read the non-verbal cues of relief, doubt, or pride.
- Build trust through shared understanding and genuine empathy.

These uniquely human skills - deep listening, presence, compassion, and encouragement - are the foundation of behaviour change.

This is reassuring for those just starting to think about joining the profession: while AI can support you, it cannot be you. Your empathy, intuition, and presence will always be at the heart of coaching.

*Written by: Nikki Wilson,
Director of Studies, Health Coaches Academy*

USING AI IN ALIGNMENT WITH YOUR VALUES

It's normal to feel cautious about AI. Common concerns include data privacy, ethical use, and even the environmental impact of running large AI systems.

When we experience such rapid advancement in technology there is often a space where boundaries feel fluid, and rules and regulations can't catch up to create a framework of "best practice". It is in these situations that we should tune into our own moral compass: our values.

There are some questions that we can ask ourselves to check in so that we aren't prioritising "intelligence" over integrity, for example:

PURPOSE

Is this use of AI in service of the client's best interest?

BOUNDARIES

Am I protecting client confidentiality and staying within my professional scope?

SUSTAINABILITY

Am I using AI mindfully, balancing efficiency with environmental and ethical awareness?

When you ground your decisions in your values, you can approach AI with confidence, using it as a tool that strengthens rather than undermines your integrity.

THE FUTURE: AI AS A PARTNER, NOT A COMPETITOR

The most successful coaches will be those who see AI not as a threat, but as an ally.

AI can enhance your reach.

AI can free your time.

AI can support your creativity.

But it's your human presence that turns those tools into transformation.

The future of health coaching will be a partnership: AI providing speed, scale, and support; coaches providing empathy, context, and connection. Used wisely, AI can make coaching more accessible, effective, and sustainable while keeping humanity at the heart of every interaction.



HCA GRADUATE HEALTH COACH,
MICHELE CARR

WHAT I LEARNED AFTER TAKING 10 YEARS TO LAUNCH MY FIRST WEBSITE

“

I qualified over 10 years ago, and for over 8 years I have been working as an associate coach for a good friend who owns a women in leadership company and secured more coaching than I ever imagined possible. Good fortune indeed, but on the flip side, I didn't have the incentive to market my coaching services.

I often thought about having a website, but it was in the 'too difficult' box. I had no idea where to start with the technology and I was really uncomfortable at the thought of selling myself. The irony was that I was coaching lots of ambitious women to be more confident talking about and selling their strengths!

A SHIFT IN DIRECTION

What changed? I noticed a rising number of women who were struggling with problems caused by chronic stress. Spurred on by my lifelong interest in health, I signed up to become a Health Coach with Health Coaches Academy and loved every minute of it. I love learning and it was fabulous to be enhancing my existing coaching skills as a Health Coach.

During the course, the winds of change were blowing and my friend was about to sell her company. I could see the writing on the wall. I was going to have to market myself for the very first time.....very scary!

I reluctantly (!) signed up for HCA's Level UP Programme; an exclusive business mentoring programme for graduates. I can honestly say that it is the first time since I left school that I signed up for training because I needed to rather than for the love of learning. I felt like that naughty pupil who sits at the back of the class. Everything about it felt massively outside my comfort zone but I knew that there was a massive gap in my knowledge and that without constant accountability, I would never create the materials and take the action necessary to go it alone and find my own clients.

I CHANGED MY MINDSET AND DECIDED THAT IT WAS PURELY FOR ME AND MY SATISFACTION. I WANTED TO PRODUCE SOMETHING THAT I COULD BE PROUD OF.

FACING THE DISCOMFORT

The course provided me with everything I expected - the knowledge, the accountability and regular discomfort! Dr. Kate, Director of the Health Coaches Hub was like a personal AI assistant, helping me to find better wording when I struggled, steadily helping me to be more vulnerable, and changing my writing from corporate speak to something less official and diplomatic.





HCA GRADUATE HEALTH COACH,
MICHELE CARR

Finding my own voice and using my own words to share with the world on a website felt too personal. I was having a major internal battle. I constantly questioned whether my discomfort was because I was pushing right at the edge of my comfort zone or was it because what I was developing to market myself wasn't authentic?

FINDING MY VOICE

First things first – I changed my mindset. I'd signed up to be pushed outside my comfort zone, so I put on my big girl pants and started to accept it. That enabled me to examine my anxiety more closely. I realised that it was not just about the usual fear of being judged by other people. My fear was that I would produce something that was inauthentic and be judged unfairly. I changed my mindset and decided that producing the website was purely for me and my satisfaction. I started to view the web development process as a learning exercise. I stopped being the reluctant pupil and decided I wanted to produce something that I could be proud of – just for me.

Next, I did all of the things that have worked for me in the past. I did some research. I read a few books and noted down the language that resonated with me. I made notes on my phone of phrases that came into my head when I was out for a walk. I listened to podcasts and made notes when I felt a connection. Often this only led to minor tweaks to my website wording, but each tweak took me closer to finding my own voice.

I stepped out of my own head (where only Dr. Kate had been allowed previously) and started to collaborate and chat. I shared my draft website copy with people who really know me well like my family, my coaching mentor, my coaching colleagues and close friends. Even that felt hugely personal and scary. But their reactions and each conversation gave me confidence that I was heading in the right direction.

Then I stepped away from the words. I decided that after all this time as a coach, I should invest in myself and have a business brand and professional photos taken. I shared my draft website copy with the photographer and my brand designer and had great discussions with them. Their creativity and excitement in my project were infectious and encouraging. I am very visual and shifting my focus from the written word to the photos and designs started to give me a greater sense of what my authenticity looks and feels like. I had a wide range of photos to choose from and various draft branding designs, and the process of choosing the best and discarding the rest took me ever closer to understanding what I wanted to convey.

THE FINAL HURDLE: TECHNOLOGY

The final hurdle was technology - my Achilles' heel. Collaboration was the answer once again. The day came when my designer Jenny put my words, photos and branding together on a "done-for-you website". After a few adjustments, I could at last see for the first time how it was all coming together. It felt like alchemy. The words took on a different feel once woven together with the photos and branding. I never expected to say this, but I really love my website.

WHAT I LEARNED

I initially allowed my discomfort to be distracting. Once I started to design my website only for myself and looked outwards to others purely for their help and inspiration, I started to enjoy the process of finding my own authentic voice.

Step by step, my motivation grew to tell my own story because the alternative might be to stop coaching and I can't imagine my life if I am not a coach."

If you're an HCA Graduate Health Coach and would like to find out more about our exclusive Level UP Programme, visit: www.healthcoacheshub.com/level-up



WHY HEALTH COACHES COULD HELP DELIVER THE NHS 10-YEAR VISION IN THE UK

When the NHS published its latest 10-Year Plan, one commitment stood out above all others: the promise to shift from treating sickness to preventing it - an acknowledgement that our healthcare system must evolve from fixing problems to building lifelong health.

This is the strongest endorsement yet of what many have long believed: that people, not just conditions, must be at the centre of healthcare.

A BOLD AMBITION, BUT NOT BOLD ENOUGH?

The 10-Year Plan speaks of moving patients from “passive recipients of care” to “active partners” in their health, offering more choice and control, personalised care plans, and an expansion of personal health budgets. It even envisions a “doctor in your pocket” through digital innovation.

Yet, for all its ambition, the shift from treatment to prevention is not as radical as many hoped. England is already an international outlier - life expectancy has stalled, and more years are being lived in poor health. Without a decisive move towards prevention, the NHS risks being locked into a cycle of ever-rising demand.

Currently, males and females spend almost one-quarter of their lives in poor health.

*Office for National Statistics

THE HUMAN SIDE OF PREVENTION

Technology will undoubtedly play a role in transforming healthcare, but technology alone doesn't change habits. Apps can nudge, but they can't listen, empathise, and help someone navigate the messy reality of behaviour change. That's where Health Coaches come in.

Health coaching is a rapidly growing professional discipline. Already used in private practice, parts of the NHS, forward-thinking health companies, and progressive workplaces, health coaching helps people take control of their wellbeing. It's more than advice, it's about working alongside someone to create healthier habits, rediscover purpose, and overcome the everyday barriers that make change so hard.

Think of it as moving from being a passenger in your own health journey to being in the driving seat. Instead of being carried along by circumstances, old habits, or other people's expectations, health coaching gives you the tools, clarity, and confidence to steer your own course. With support, encouragement, and accountability, you become the one choosing the direction, setting the pace, and navigating towards the life and health you want.

And the results speak for themselves: studies show that health coaching can help people better manage long-term conditions like diabetes, high blood pressure, obesity, and heart disease - the very conditions that put some of the heaviest strain on our NHS.

A SYSTEM BUILT FOR PARTNERSHIP

The 10-Year Plan reads like a checklist of things Health Coaches have been talking about for years: preventing illness rather than just treating it, helping people make changes that truly matter to them, and building real, trusting relationships instead of quick, one-off appointments.

Put simply, it's about making healthcare something we do with people, not to them. Imagine if, wherever you were - at home, at work, at school, or in your local community - you could connect with a Health Coach who understood your challenges and could support you to make changes at your own pace. Prevention wouldn't just be a line in a policy document - it would be something you could actually feel in your everyday life.

As Ann Garry, CEO and Co-founder of Health Coaches Academy, says:

“*If the NHS is serious about putting prevention at the heart of healthcare then Health Coaches are one of the most powerful tools it has. We work with people to make changes that last, which means fewer preventable illnesses, less pressure on the system, and better lives for everyone.*”



A CALL TO ACTION

If the government delivers on the promises in the 10-Year Plan, the health service in England will be stronger, more resilient, and better equipped for the future. But getting there will take all of us - policymakers, healthcare teams, communities, and individuals - working together.

Health Coaches are ready to play their part, partnering with the NHS to make prevention real, personal, and effective. With the right investment and support, this could be the moment we truly turn the tide from treatment to prevention, and create a healthier future for all.

Are you interested in becoming a Health & Wellness Coach? Join one of our FREE introductory webinars to learn more. [View all upcoming dates here.](#)



HCA HEALTH COACH STUDENTS AT A 3-DAY LIVE TRAINING EVENT, LONDON

EMPOWERING TRANSFORMATIONAL CHANGE WITH CARE & COMPASSION

As well as some welcome summer sunshine, the 3rd of July also brought the launch of the much awaited NHS 10-Year Plan, as set out by our current UK Government. It outlines a bold and potentially transformative vision for healthcare in England, aiming to reinvent the NHS through three major shifts:

- **Hospital to Community:** Expanding care closer to home and reducing reliance on hospital-based services.
- **Analogue to Digital:** Leveraging technology and digital tools to streamline care and reduce waiting times.
- **Sickness to Prevention:** Prioritising proactive health measures and tackling inequalities through prevention-focused strategies.

“As a heart-centred community, HCA is determined to make a positive and sustainable difference to those we meet.”

FIT FOR THE FUTURE: HCA'S ALIGNMENT WITH THE NHS VISION

The plan is built around the theme of 'fit for the future,' which wholly resonates with the team here at HCA. We are passionately committed to empowering our skilled Professional Health Coaches to inspire others to live happy, healthy lives.

We have the great joy of witnessing the phenomenal change that health coaching can bring, proactively supporting people to access their true vision of health and wellness and bringing this into their reality – creating lasting change for them and the communities in which they live and thrive.

ADDRESSING HEALTH INEQUALITIES: THE RIO PROJECT

As a heart-centred community, HCA is determined to make a positive and sustainable difference to those we meet. We are also aware of the health inequalities that exist for individuals and the impact this may have on their short- and long-term health.

Our RIO project (Research, Innovation, and Outreach) provides an opportunity to redress that imbalance and for our HCA Graduates to engage in meaningful projects within communities that may not typically have access to health coaching.

Not only does this support our graduates' ongoing professional development, adapting their coaching styles to meet the needs of different groups of individuals, but it also allows the opportunity to collaborate with key stakeholders within these communities, creating a shared learning environment that elevates and illuminates the health coaching profession.

A SPOTLIGHT ON COMMUNITY ENGAGEMENT: FOOD BANK PROJECT IN FINCHLEY



A recent RIO project involved HCA graduates offering health coaching to people attending a Food Bank in Finchley, London. The concept was suggested by one of our HCA students, who provided invaluable insight into the needs of this community.

Clients were invited to opt into a programme of 1-2-1 weekly sessions with an HCA Health Coach in the digital format most suited to the client. HCA facilitated group supervision sessions to deepen the learning experience for the graduates and continue the reflective practice integral to the student experience.

Graduates described enormous growth in their practice, highlighting a humbling experience that developed a wider awareness of the daily struggles of this client group, fuelling their commitment to support them. Challenges such as access to technology, limited time, and scheduling around multiple job commitments were identified and overcome. Language barriers were also addressed, with two HCA Graduates coaching in Spanish to ensure clients felt at ease.

TRANSFORMATIVE OUTCOMES & PERSONAL GROWTH

Over the duration of the project, graduates witnessed their clients grow in confidence, taking one more step each week towards their health goals and proactively building behaviours that supported their health and wellbeing.

“Working with Liz was a beautiful and transformative experience. My goal was to improve the quality of my sleep, and thanks to her compassionate support and knowledge, I now sleep more deeply and wake up feeling truly rested. Liz helped me build a healthier lifestyle by establishing supportive food routines, techniques, and strategies that really worked—especially around managing glucose and evening habits. She listened to me with care and guided me every step of the way. Most importantly, we reached our goal. Thank you, Liz, for being phenomenal!”

-Client at Finchley Foodbank

Thank you to Liz and all our dedicated RIO volunteer Graduates! This is just one of many RIO projects that HCA offers, and we are excited to continue bringing the power of Health Coaching into the lives of communities who can flourish in an abundance of health, so that they too are “fit for the future” while embracing life in the here and now.



HCA GRADUATE HEALTH COACH,
LIZ JONES SOLANO



Healthy, Balanced

LUNCHBOX IDEAS

Roasted Red Pepper, Apple & Blue Cheese Salad

- 2 red peppers, deseeded and chopped
- 50g rocket leaves
- washed 1 apple, cored and chopped
- 75g Roquefort cheese
- 50g hazelnuts
- 1 tbsp maple syrup
- 1 tsp cumin
- 3 tbsp olive oil
- 1 tbsp cider vinegar
- 1 tsp mustard sea salt black pepper

Preheat the oven to 180°C. Toss the peppers in 1 tbsp of olive oil, spread on a baking tray and roast for 30 mins until soft. Toast the hazelnuts in a dry frying pan until fragrant and set aside.

Wash the rocket and transfer to a salad bowl. Add the chopped apple, crumble the cheese over the salad. When the peppers are ready, transfer to a separate bowl and mix with the maple syrup and cumin. Leave to cool a little. Use the remaining ingredients to make a dressing and pour over the salad. Toss. Roughly chop the hazelnuts and sprinkle over the salad.



Zesty Quinoa & Chickpea Salad

- 90g (uncooked) quinoa, rinsed
- 1 can chickpeas, rinsed and drained
- 1 medium cucumber, chopped
- 1 medium red pepper, chopped
- 1 small red onion, finely chopped
- a handful of flat-leaf parsley, finely chopped
- 60 ml olive oil
- 60 ml lemon juice (about 2 to 3 lemons)
- 1 tbsp red wine vinegar
- 2 cloves garlic, pressed or minced
- 1/2 tsp fine sea salt
- Freshly ground black pepper, to taste

Add the rinsed quinoa to a pan with 500 ml water. Bring to the boil, then simmer until the quinoa has absorbed the water (about 15 mins). Remove from the heat, cover, and leave to rest for 5 mins to give it time to fluff up.

In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside. When the quinoa is cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary.

Butternut Squash Falafels

- Extra virgin olive oil
- 1 butternut squash, peeled, seeded and cut into chunks
- 1 tsp each cumin and coriander seeds, gently toasted in a dry pan until fragrant
- 1 tsp ground cinnamon
- 2 garlic cloves, peeled & grated
- 3 tbsp freshly chopped coriander
- Squeeze of lemon juice
- 4-6 tbsp gram flour

Preheat the oven to 200°C. Toss the butternut squash with some olive oil and salt on a baking sheet. Roast in the preheated oven for about 30 mins or until the squash takes on a little colour and is cooked through.

Meanwhile, using a pestle and mortar, pound the cumin and coriander seeds until finely ground. Add the cinnamon, garlic and a good pinch of salt and pound again to a paste. When the squash is cooked, remove from the oven and allow to cool slightly.

Leave the oven on. Put the squash in a mixing bowl and mash with a fork. Transfer to a sieve to drain off any excess water for a few minutes. Put back in the bowl, add the spice mix, the coriander and lemon juice and mix together. Add the gram flour a tablespoon at a time until the mixture is still quite loose and sticky but holds its shape when scooped out.

Using your fingers, take small scoops of the mixture and shape into falafels. Roast in the oven for about 15-20 mins, until they take on a bit of colour and firm up. To serve, arrange the falafel on a dressed salad. Leave the falafels to cool if you are using in a packed lunch.

NOTE: Falafels are delicious served warm or cold in a wrap with grated vegetables and hummus. They're perfect for a quick, healthy snack — or even as a handy kids' lunchbox idea.



WHAT'S ON AT HCA?



FREE
HEALTH
COACH
WEBINARS

THE HCA SENIOR TRAINING TEAM

At Health Coaches Academy, we are passionate about helping you to take control of your own health and inspiring others to do the same.

To help you get started, we run regular online webinars. Join HCA's Senior Training Team for an introduction to this fast-growing profession and learn about key aspects of health coaching including essential coaching tools, nutrition, and how to set up a successful health coaching practice.

HCA TALKS Health



Stay updated with the latest in wellbeing through our fortnightly podcast too!

HCA Talks Health is hosted by health journalist Zena le Roux with each episode diving into diverse health topics including:

- Sleep strategies
- Weight loss
- Emotional resilience
- Workplace wellbeing
- Mindful eating
- Alzheimer's

Discover the MAGIC of Health Coaching



Would you like to take control of your own health and create a life you love? Are you looking to improve the health and habits of others? Wondering how to sustain those 'healthy' changes?

Join our CEO Carolyn St John Loder for an introduction to the fast-growing health coaching profession and how it has the power to completely transform lives.

Transform Your Lifestyle & Nutrition As a Health Coach



Would you like to find out how health coaching can help you completely transform your lifestyle and eating habits, as well as empower those around you? Join our CEO and Director of Nutrition

Training, Ann Garry to discover practical strategies to boost your health and nutrition and hear inspiring success stories from HCA students and graduates who have transformed their lives through health coaching.

Earning Potential & Health Coach Career Opportunities



Are you curious about the job opportunities and earning potential that's available for Health Coaches? Would you love to learn how others have built successful practices?

Join Professional Health & Wellness Coaches to explore the diverse work opportunities available in the health coaching world and how to make a successful living in this fast-growing profession.

Your Essential Guide to Becoming a Health Coach



Join Alison Jones, our Director, for an in-depth look at the HCA Diploma in Health & Wellness Coaching. This session will cover our comprehensive syllabus, course structure, postgraduate support, plus

how we equip you with the skills needed to build and launch your own successful health coaching practice.



To register, scan here or visit our [Free Events page here.](#)

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