



Health Coaches
AUSTRALIA & NEW ZEALAND ASSOCIATION

HCANZA24

Awards of Excellence

Terms & Conditions, Categories and Criteria

March 2024



2024 HCANZA Awards of Excellence

Terms & Conditions, Categories and Criteria

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 Accredited Coaches, Associate and Student 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:

- Outstanding Contribution to Health*
- Health & Wellness Coach of the year**
- Health & Wellness Coach of the year in a Healthcare setting**
- Business Achievement Award**
- Health & Wellness Coach Advocacy Award**
- Health Equity Award*

*Nomination only award

** You can enter yourself or nominate someone else "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 a person or team working in the health and wellness sector and or healthcare, who have shifted paradigm with clear demonstrable results.

1. Key dates

- a. Entries close: Friday 12th July 2024. (5.00 pm AEST)
- b. All finalists will be advised no later than 17th August 2024.
- c. Finalists will be invited to the awards on Thursday evening 12th September, where the winners will be announced.

2. Nomination requirements

- a. At the time of entry, you will need to supply the following within your online nomination form.
- b. 80-word summary of why your entry is a winning nomination
- c. Upload a document that addresses all of the entry criteria (listed under the heading 'Your entry must include'.
- d. Marketing and promotion
- e. 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.
- f. Finalists agree to have their photos used for The Australian and New Zealand Health & Wellness Coaching Awards.
- g. By submitting your nomination, you agree to be interviewed for promotional and/or editorial coverage.
- h. 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.

3. 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 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.

4. Nomination criteria

- a. The awards are open to HCANZA professional and associate members, or those who meet the eligibility criteria to be an HCANZA member having completed an HCANZA Approved program.
- b. Nomination is open for people or projects and staff employed in organisations or self employed.
- 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 (or continuing) in the previous 24 months.
- e. If you made an application in previous years but were not successful, you can reapply in this current year if the work or program still meets the criteria in (d). i.e. was conducted in the last 24 months.

5. Process

- a. Entries for award category No 1. *Outstanding Contribution to Health* must be submitted via email to HCANZA at admin@hcanza.org
- b. Entries for all other award categories (Categories No. 2-6) must be completed online, and all entrant details are to be correctly filled out.
- c. All sections in the entry/nomination form must be completed and specific examples provided for each criterion listed.
- d. 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.
- e. Submissions will not be accepted if they are in a different format from the above.
- f. 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.
- g. Nominations must comply with entry rules and time deadlines.
- h. All information contained in an entry should be a fair and accurate representation.

6. 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 across several categories 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.

The nomination should:

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

Describe:

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*

Entries for this award, Outstanding Contribution to Health must be submitted via email to HCANZA at admin@hcanza.org

These entries must also comply with the nomination requirements listed on pages 2 & 3.

Health & Wellness Coach of the Year **

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. Your business acumen combined with your personal vision multiplies the impact you have in your external health communities.

You will be an inspiration to other aspiring health and wellness coaches.

Your entry should demonstrate:

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

- Big vision and strategy that has been successfully implemented.
- Excellence in improved health and wellness outcomes
- Recognised leadership and professionalism
- Collaboration with health professionals in other sectors
- Positive impact, e.g., on people's health, and broader communities

Describe:

1. Your unique business models.
2. The spheres of influence and coaching outcomes you have achieved in the past 24 months.
3. How you worked collaboratively across disciplines/sectors to achieve your goals.
4. Client results and accomplishments

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

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

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 should 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.

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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 should 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.

Describe:

The work undertaken.

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

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Business Achievement Award **

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.

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Health Equity Award *

This award honours 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.

The nomination should:

- Demonstrate the positive impact on people's health outcomes.
- Particularise the full extent of the change that has occurred to drive improved program outcomes.

Describe:

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

** Nomination only award*

10 Top Tips for Winning Entries

1. **Understand the Criteria:** Study the award categories and criteria thoroughly to ensure your submission aligns closely with what the judges are looking for. Tailor your entry to highlight how your work meets or exceeds these criteria.
2. **Tell a Compelling Story:** Craft a narrative that showcases the unique aspects of the work, the challenges you've overcome, and the impact you've made. Use anecdotes, and concrete examples to bring your story to life and make it memorable.
3. **Focus on Impact:** Emphasize the tangible outcomes and results of your efforts. Highlight how the work has made a difference in the lives of individuals, communities, or organizations. Quantifiable data and metrics can strengthen your case.
4. **Highlight Innovation:** Showcase any innovative approaches, strategies, or solutions you've implemented in the work. Demonstrate how your innovative thinking sets you apart from others in the field and contributes to positive change.
5. **Provide Supporting Evidence:** Back up your claims with evidence, such as case studies, research findings, client testimonials, or endorsements from reputable sources. Concrete evidence strengthens your credibility and adds weight to your submission.
6. **Demonstrate Collaboration:** If applicable, highlight any collaborations or partnerships that have contributed to the success of your work. Show how you've leveraged teamwork and collective efforts to achieve your goals.
7. **Focus on Quality, Not Quantity:** Rather than overwhelming the judges with excessive information, focus on presenting clear, concise, and compelling arguments. Quality of content and presentation is key.
8. **Review and Edit:** Take the time to review and edit your submission carefully. Ensure that your entry is well-organized, free of errors, and effectively communicates your message.
9. **Seek Feedback:** Before finalizing your submission, consider seeking feedback from colleagues, mentors, or trusted advisors. Their insights can help identify areas for improvement and strengthen your entry.
10. **Submit Early:** Don't wait until the last minute to submit your entry. Give yourself plenty of time to review and refine your submission and submit it well before the deadline to avoid any last-minute technical issues.