

Open Letter



Dear Dr / Allied Health Professional,

I hope this letter finds you well. I am writing to discuss the potential benefits of health coaching for your patients.

As you know, many patients struggle to make meaningful and lasting changes to their health behaviours, despite your best efforts to provide them with guidance and support. Health coaching can help bridge this gap by providing patients with personalised, one-on-one support and guidance to help them achieve their health goals.

One of the main benefits of health coaching is that it can help patients overcome the many barriers that often prevent them from making sustainable changes. For example, a health coach can work with a patient to identify and address underlying emotional or psychological factors that may be contributing to unhealthy behaviours. They can also help patients develop practical strategies for managing stress, improving sleep, and incorporating physical activity and healthy eating habits into their daily routine.

In addition to these practical benefits, health coaching can also provide patients with a sense of accountability and motivation. In working closely with a coach, research shows that patients are more likely to stay committed to their health goals and to make consistent progress over time. Find out more about the services I offer [here](#).

Further to this, as an endorsed affiliate of the Precision Health Alliance, I can offer my patients access to the latest in precision health tools to assist them with intelligent support for measurable health change. Find out more about Shae.AI [here](#).

To gauge your interest in the above, please complete a 2-minute GP and Allied Health Provider Survey [here](#).

In summary, I believe that health coaching could be a valuable addition to your patient referral options and would be happy to discuss this further with you at your convenience.



Sincerely,

Dr Darren Webb
Health and Wellness Coach

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