

Health and Wellbeing Coach x 3

Reporting to:	Specialist Physical Activity Coach with operational direction from the Hub Fitness Manager
Key Stakeholders:	Specialist Physical Activity Team, Active Communities, Health and Fitness Teams, Assistant Manager, General Manager
Organisation's purpose:	We exist to improve the lives of others.
Responsible for:	Reporting mainly to the Specialist Physical Activity Coach with daily support from the Fitness Manager, this role will help fuel our mission of making being physically active, the norm. You will inspire and support Stockport residents who will have been referred to our Specialist Physical Activity Service to feel more confident in having an active lifestyle and promote a welcoming environments for all Life Leisure participants, whether new to activity or a regular participant.
Hours:	37 hours per week (2 days fix, 3 days on a 2/3 week rota basis) . Part time or job share considered.
Location:	Life Leisure Cheadle/ Hazel Grove/ Romiley
Salary:	£25, 944

About you:

You are a dedicated and versatile person who recognises that everybody deserves the opportunity to enjoy a physically active lifestyle. Whilst you are driven to ensure people get the best customer experience as possible, you also recognise that in order for us to truly improve lives across the borough, we must work together as ONE team.

You are a master of working across teams and wearing many hats. One day, you may be working with an older adult who has a history of arthritis of the knee and the next day could be instructing a spin class to a room of well-versed exercise enthusiasts. We are looking for role models of our WATCH principles and for an individual who works well with others, to support people who are living with long term health conditions and low activity levels to become more physically active.

Person Specification:

Essential Skills, Qualifications, Experience, Abilities & Knowledge:

- Level 3 health and fitness qualification
- Previous experience of working in a role which supports people with long term health conditions within the physical activity sector
- Previous experience of delivering high quality on boarding experiences for a range of people with different fitness needs
- A passion for delivering group exercise classes.
- Excellent communication and interpersonal skills
- Excellent listening and empathy skills to truly understand an individual's circumstances and work collaboratively with them to overcome potential barriers to participation.
- Ability to work on their own initiative and to work as part of the wider Specialist Physical Activity Team.
- Ability to work in a fast-paced environment.
- Strong administration and organisational skills.
- Computer proficient with Microsoft Office packages.
- Able to work on a rota basis, including evenings and weekends.

Desirable Skills, Qualifications, Experience, Abilities & Knowledge:

- Level 3 Exercise Referral
- Behaviour Change CPD/ qualification
- Additional qualifications such as Spin, Exercise to Music etc
- Personal Training Qualification and Experience.
- Experience of administering simple exercise testing and challenges to workforces
- Experience of listening and working with people with lived experience to co-design activities and respond pragmatically to feedback.

We would love to hear from you if you are interested but only meet some, not all of the criteria.

Job Duties:

Specialist Physical Activity Service

- Support the Specialist Physical Activity Coach (SPA Coach) in the delivery of high quality programme design and activities for those with low to moderate risk health conditions.
- Deliver a range of classes which are both suitable for those who are experienced fitness participants and those who are new to exercise.
- Participate in team meetings and commit to regular ongoing training and accreditation.
- Provide high quality on – boarding experiences for those who are part of the PARiS scheme and ensure they are supported throughout their health journey.
- Work towards assessing and providing consultations for those with low level needs.
- Work alongside the SPA Coach in supervising and supporting the PARiS gym sessions and other specialist classes.
- Use IT systems such as Refer All to ensure data and monitoring information is up to date and appropriate.
- Treat all participant information disclosed with the upmost confidentiality and respect.
- Work closely with colleagues from the Active Communities team as part of the wider Active Pathways Support Hub.

Health and Fitness Team

- Provide high quality on boarding experiences through our VIP GO programme.
- Provide meaningful interaction and motivation to all users of our Hub facilities who access the gym floor and studio space.
- Deliver a range of group exercise experiences to inspire and motivate people to want to come back time and time again
- Ensure the fitness equipment is well maintained and safe for participants to use through regular checks and cleaning.
- Provide support and cover for the health and fitness team as and when required.
- Support the Head of Health and Fitness and Fitness Manager, to develop the health and fitness teams in becoming the next Health and Wellbeing Coach
- Work with the sales and marketing team to deliver outreach activities to partner organisations and local businesses.

How To Apply

To apply for this role, please send your CV and supporting statement answering the following questions to Michelle.childs@lifeleisure.net

SUPPORTING STATEMENT QUESTIONS*

Role Title: **Health and Wellbeing Coach**

Please answer the following question(s) in your supporting statement (max 200 words).

1. Please describe why you would like to work within the role of Health and Wellbeing Coach at Life Leisure.
2. Please describe a situation where you have supported a person with low fitness levels and confidence to become more active? What was your approach?

When answering above questions consider using the [STAR method](#) to allow the panel to get the most from your response.
