

JOB DESCRIPTION

Title: Health and Wellbeing Practitioner

Reports to: Fitness Lead

General information

Health and Wellbeing Practitioners are more than activity, fitness or sports leaders – they understand communities and customers. Our Health and Wellbeing Practitioners are positive role models who build good rapport with customers. They are knowledgeable, patient and supportive – helping people achieve a wide variety of personal goals.

Duties and responsibilities

- To assist in the delivery of our health and wellbeing programme.
- To offer expansion to our programme through the delivery of health and wellbeing practices and specific classes.
- To work as part of a team offering physical exercise as a platform to improve health, skill and quality of life.
- To provide a professional, welcoming and caring space consistent with our values.

Workplace values

The post holder will be expected to operate in line with our workplace values which are;

- Value the Individual – Respect others, ourselves and the people we work with in all that we do.
- Giving of our best – Showing commitment in our work and to enable young people.
- Caring Deeply – Have a passion for the work we carry out.
- Providing Creative Solutions – Show innovation in the approaches we take in supporting young people.
- Communicate authentically and truthfully – Show openness in our dealings and approaches to people.

Person specification

Skills

- A confident person who is committed about providing opportunities to, and supporting people.
- Commitment to providing a high standard of customer service and delivery.
- A self-motivated individual who seeks to develop and improve through engagement in training.
- Good organisational, time keeping and administration skills.
- A team player with strong communication and leadership skills.
- Attention to, and an eye for detail.
- Self-motivated, flexible and willing to adapt to changes and new pressures.
- Willingness to accept leadership and follow reasonable instruction.
- Flexibility to work mornings, evenings and weekends as needed.
- Good level of IT competency.
- Good standard of written and verbal English.

Experience

- Experience instructing a wide variety of classes is desirable.
- Experienced working with a wide variety of ages.

Essential qualifications

- Level 2 Fitness Instructor
- First Aid
- Valid driving license and transport is essential.
- Able to teach mixed ability classes.

TERMS AND CONDITIONS

Term:	Permanent
Salary:	£23,425.18 per annum
Hours:	37.5 hours per week.

Hours of Work

37.5 hours per week plus a ½ hour unpaid lunch break to be taken during any shift exceeding 6 hours. To include evenings, weekends and public holidays as required.

Working hours may be subject to review according to the needs of the service and future funding.

Probationary Period

The post holder will be subject to a 6 month probationary period. During this time an assessment of the post holder's performance, duties and work patterns will be made. Following a satisfactory review at the end of the probationary period, the post holder will be confirmed in post.

Paid Leave Entitlement

5.6 weeks per year, plus statutory bank holidays. The line manager will arrange time off in lieu for bank holidays worked.

Employee Benefits

Did you know that as part of the YMCA Dulverton Group team, you have access to a range of benefits totalling over £14,000 in value?

Our varied benefits package gives you the opportunity to access a range of tools and financial savings in areas such as: health and wellbeing, training and development, childcare and hospitality.

From everyday savings on your shopping through to healthcare support and much more, the extensive list of benefits can be tailored to you, meaning you choose what you need, when you need it.

We want every member of the YMCA Dulverton Group team to feel valued and rewarded for their hard work and dedication, so with our new range of benefits for this coming year, we hope you take full advantage of everything on offer to you.

To find out more about each benefit and how you can access them, please email Andrew Pearce, Head of Employee Experience at: Andrew.Pearce@ymca-dg.org

Benefits run from 1st April to 31st March