

JOB DESCRIPTION	
Title:	Health and Wellbeing Practitioner
Reports to:	Fitness Lead
General Overview	
<p>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 knowledge, patient and supportive – helping people achieve a wide variety of positive goals.</p>	
Workplace values	
<p>The post holder will be expected to operate in line with our workplace values which are;</p> <ul style="list-style-type: none"> • 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 	
Duties and responsibilities	
<p>To assist in the delivery of our health and wellbeing programme</p> <p>To collaborate with the activities team to provide opportunity, challenge and experience to members and the community</p> <p>To offer expansion to our programme through the delivery health and wellbeing practices and specific classes</p> <p>To work as part of a team offering physical exercise as a platform to improve health, skill and quality of life</p> <p>To provide a professional, welcoming, caring space consistent with our values</p>	
Person Specification	
Skills and Personal Specification	
<ul style="list-style-type: none"> • A confident individual who is committed about providing opportunities to, and supporting people. • Commitment to providing a high standard of customer service and delivery. 	

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

- 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 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 variety of classes is desirable
- Experienced working with a variety of age ranges

Essential Qualifications

- Level 2 Fitness Instructor
- First Aid
- Valid driving license and transport is essential

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.