

# We are hiring!



## Health and Wellbeing Coach

### Job description

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 environment for all Life Leisure participants, whether new to activity or a regular participant.

### 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. 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 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.

#### Hours

37 hours per week

#### Location

Life Leisure Houldsworth Village

#### Salary

£27,432

#### Essential skills

- 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

#### Desirable skills

- Level 3 Exercise Referral and Behaviour Change CPD/Qualification
- Experience of administering simple exercise testing and challenges to workforces
- Personal Training Qualification and Experience.

## How to apply

Email: [michelle.childs@lifeleisure.net](mailto:michelle.childs@lifeleisure.net)

Visit: [www.lifeleisure.net](http://www.lifeleisure.net)

