



SUPPORTING OUR COMMUNITIES TO THRIVE

Our Values: Positivity - Integrity - Excellence - Welcoming - Entrepreneurial

WELLBEING COACH

This is a fantastic opportunity for a fitness professional (Exercise Referral, Personal Trainer, Fitness Instructor) who is passionate about health and wellbeing and has a genuine belief that good health is the key to strong communities and that fitness opportunities should be accessible to everyone. The Wellbeing Coach will be responsible for delivering the exercise on referral scheme, holding and managing their own caseload and working to develop the health and wellbeing of this community. This will be achieved through coordinating and delivering group and individual exercise sessions for people who have been referred to our team by local GP practices. Reporting to the Wellbeing and Fitness Manager, you will join a dynamic team of fitness instructors, personal trainers and health specialists dedicated to the health and wellbeing of the community.

- Location:** Greenway Centre, Bristol BS10
- Salary:** £21,095 - £25,210 per annum per rata
- Contract type:** Fixed term until March 2023 with possibility of extension funding dependant
- Hours:** Full time or Part time, minimum of 22.5 hours per week, flexible shift pattern from Monday to Sunday
- Holiday:** 33 days annual leave (inclusive of Bank Holidays)
- Benefits:** Occupational pension, free membership to Greenway Gym and classes
- Contact:** For further information please contact Natalie Dowe or email: nataliedowe@southmead.org, or telephone 0117 950 3335 and feel free to pop into the Centre to have a look around or have a chat about the role
- How to apply:** Please email a copy of your CV and a one page covering letter, using the person specification as a guide, to nataliedowe@southmead.org
- Deadline:** 8am on Friday 18th February. Interviews are likely to be held the following week.

About us

We're Southmead Development Trust, a charity made up of staff, volunteers and residents who work together to achieve our vision of a thriving community. We improve health, wellbeing, local pride, and employment. We bring business and investment to the area.

Our three sites – Greenway Centre, Southmead Youth Centre and Southmead Adventure Playground, are much-loved local venues that provide inspiring spaces for events, meetings, training and business. We run or host an exciting programme of events ranging from conferences and sporting events, to creative writing, dancing and pantomimes. Our customers join a fun, welcoming community and enjoy our large café and newly refurbished gym.

This role requires the ability to contact and build relationships with other organisations in and around the community to put together a package of support that will achieve the best possible outcome for the individual.

About you

- You will have excellent interpersonal skills and the ability to listen and empathise without judgement
- You are able to assist with delivering the exercise on referral scheme to include phone calls, attendance monitoring and all related admin
- You are confident conducting initial consultations and all necessary reviews with referred clients
- You strive to provide a holistic service to clients who complete the scheme, supporting with next steps etc.
- You will have the ability to manage your own workload and update those involved on a regular basis
- You will be able to use your own initiative, think creatively and create new opportunities that are relevant to the project outcomes
- You will have experience of liaising with outside agencies and working with local communities to achieve the outcomes of your role
- You will be passionate about people, customers, community and the work of the Trust to ensure the best possible experience is had by everyone that you meet
- You will embody our values of: Positivity - Integrity - Excellence - Welcoming - Entrepreneurial

Southmead Development Trust, Greenway Centre, Doncaster Road, Bristol, BS10 5PY.

telephone: 0117 950 3335 email: info@southmead.org www.southmead.org

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