**Job Description**

**Health & Wellbeing Coach: Nutrition**

**Part-time, £15 per hour plus bonus**

ICS Health & Wellbeing is a dynamic and accomplished organisation dedicated to making the UK’s local and workplace communities healthier. Working with local authorities, CCGs and employers, we design, implement and evaluate innovative health and wellbeing services that will result in long-term health benefits through sustained behaviour change.

**Overview:**

We are currently seeking **Health & Wellbeing Coaches** to deliver a Diabetes Prevention Programme that comprises of physical activity, weight management and dietary components underpinned by behaviour change techniques.

The Health & Wellbeing Coach is responsible for delivering the curriculum based group sessions which facilitate health improvement with a non-judgemental and compassionate approach; and maintaining contact with service users between face-to-face contacts to ensure engagement.

**Job Scope:**

* Deliver group sessions ensuring fidelity to the programme curriculum content to enable service users to change their behaviour and improve health
* Adopt a motivational, non-judgemental and compassionate approach
* Implement a service user engagement strategy to ensure adherence to the programme and minimise drop-outs
* Maintain accurate data monitoring records for all service users within your caseload
* Where required, deliver engagement events to generate interest in the programme from potential service users and stakeholders
* Provide back up support to the Health & Wellbeing Advisor to take clinical and non-clinical measurements including validated questionnaires, blood pressure, height and weight, and POCT (finger prick blood sample) for HbA1C (training will be provided)
* Liaise with Service Users, Health & Wellbeing Advisor, Service Co-ordinator, Operations Manager, Head of Service Development and key stakeholders

**About You:**

We are looking for individuals who hold a minimum of an undergraduate degree in nutrition, or exercise science with a specialist interest in nutrition and additional training in areas such as CBT, coaching, motivational interviewing and behaviour change. Experience in delivering behaviour change interventions using evidence-based behaviour change tools is desirable. Other essentials are the ability to prioritise and manage your caseload, a positive attitude, and strong interpersonal skills, in particular, active listening.

**Why ICS Health & Wellbeing?**

ICS has been listed in the Sunday Times Top 100 Best Companies to work for four times in the last six years. We are a forward thinking organisation offering excellent training with ongoing support and development to help you realise your potential and career aspirations. We believe that our success is based on your success. We offer a wide range of company benefits including a pension scheme and 25 days holiday.

**This is a part-time position which will include some evenings and occasional weekend work and will include some local travel.**