

Person Specification – Health & Wellbeing Coach

	Essential unless stated
Education & qualifications	<ul style="list-style-type: none"> ▪ NVQ Level 3, Advanced level or equivalent qualifications or working towards ▪ Enrolled in or passed health coaching training (essential) ▪ Relevant Level 3 or equivalent in a physical activity or holistic movement qualification (desirable) ▪ Training in motivational coaching and interviewing or equivalent experience (desirable)
Knowledge and Experience	<ul style="list-style-type: none"> ▪ Using coaching approaches/frameworks and models or other helping strategies e.g., Motivational Interviewing, CBT, or others ▪ Excellent one-to-one and group facilitation skills including conflict resolution ▪ Creating co-produced action plans ▪ Knowledge and skills in creatively providing a range of physical activities and understanding how this links with health and wellbeing ▪ Experience of supporting people with their mental health, either in a paid, unpaid, or informal capacity ▪ Experience of data collection and using tools to measure the impact of services ▪ Understanding of the wider determinants of health, including social, economic, and environmental factors and their impact on communities, individuals, families, and carers ▪ Ability to apply health coaching in a group setting (desirable) ▪ Local knowledge of VCSE and community services in the locality (desirable) ▪ Knowledge of how the NHS works, including primary care (desirable) ▪ Experience of working directly in a community development context, adult health, and social care, learning support or public health/health improvement (including unpaid work) (desirable)
Job Related Skills	<ul style="list-style-type: none"> ▪ Ability to manage all aspects of own caseload ▪ Knowledge of IT systems, including using word processing skills, emails, and internet to create plans and reports. ▪ Strong communication and negotiation skills
Personal Skills & values	<ul style="list-style-type: none"> ▪ Non-judgemental approach ▪ Empathic ▪ Genuine desire to help others
Working conditions	<ul style="list-style-type: none"> ▪ Occasional evening/weekend hours