

## Health & Well-being Instructor Job Description

**Job Title** Health and Well-being Instructor South Somerset  
Part-time, Temporary 12 months.  
7hrs per week, with possible additional hours and further extension beyond initial 12 months

**Responsible to** Healthy Communities Manager South Somerset

**Location** Based at Chard or Yeovil leisure centres

### Job Purpose

- To implement and develop the Healthy Communities Team 'Out of Hours' health and well-being project across Chard and/or Yeovil leisure centres.
- To support Healthy Communities and leisure centre teams to provide a bespoke exercise, health and well-being service.
- Provide 1-1 support which contributes to improving the health and well-being of local residents and positive steps towards changing behavior.
- Deliver new and innovative exercise classes in response to the health and well-being needs of the community.

### Key relationships

Healthy Communities Manager  
Healthy Communities Officer  
Area Manager  
General Managers  
Reception Team

Group Exercise Coordinator  
Fitness Manager  
Local Surgeries  
Health Coaches  
Somerset Activity & Sport Partnership

### Main Duties

- To offer valuable 1-1 support to help participants feel informed, comfortable and confident to make a healthy change.
- Contribute to supporting the local community to look after their physical and mental health.
- To deliver innovative and high quality classes that are safe and suitable for all abilities.
- To support and monitor participants through their health and well-being journey, offering any modifications or progressions to help them achieve their goals.
- Oversee the use of fitness equipment to ensure clients exercise properly and safely.
- To maintain the highest levels of customer service and satisfaction at all times, recognising good communication is importance to the success of the organisation.
- To capture and record outcomes and successes in the participants passport.
- Work with the centre team to create engaging social media content.

## General

- Undertake training as necessary in line with the development of the post and agreed with your line manager.
- Occasionally training or meetings are organised outside normal working hours. The post holder will be expected to attend whenever reasonably practicable.
- To achieve and demonstrate agreed standards of personal and professional development within agreed timescales.
- To contribute positively to the effectiveness and efficiency of the teams in which you work.
- To undertake any other duties at the request of the line manager which are commensurate with the role, including project work, internal job rotation and absence cover.
- We believe that our community vision starts with our staff and permeates through all our business, so we recognize the need to always protect the image and reputation of Freedom Leisure. It is therefore a condition of employment that all our employees uphold our beliefs by positively promoting and representing Freedom Leisure.

## Person Specification

		Essential	Desirable
<b>A</b>	<b>Qualifications</b>		
	Education to degree level or equivalent		x
	Level 2 Exercise to Music		x
	Level 3 Gym instructor	x	
	Level 3 Exercise referral		x
	Safeguarding & Child Protection, First Aid		x
<b>B</b>	<b>Experience</b>		
	Experience of working within the leisure, physical activity or health sector.		x
	Experience of instructing group classes or 1-1 sessions.	x	
	Experience of supporting individuals.		x
<b>C</b>	<b>Knowledge</b>		
	A clear understanding of the importance of physical activity and the role it plays in improving mental health.	x	
	An understanding of the barriers which prevent individuals from exercising and a healthy lifestyle.	x	
<b>D</b>	<b>Skills and Personal attributes</b>		
	A self-starter who inspires others with their passion and energy.	x	
	Excellent time management skills - able to deal with a number of priorities at once.	x	
	Excellent communication skills and works well within a team.	x	
	Well-developed interpersonal skills, able to make people feel comfortable and build a rapport easily.	x	
	Able to work flexible hours with a good level of autonomy.	x	
	Mobility to travel across sites if necessary.	x	
	Good computer based skills working with Microsoft Word, PowerPoint and in house programmes.		x