



Wings of Refuge

## Health and Wellness Coach

**Organization Type:** Christ Centered Non-Profit

**Hours:** Part-time, 20 hours per week. Monday to Friday 8:00 am - 12:00 pm unless teaching an afternoon class then hours can be adjusted

### Job Summary

This role is responsible for health and wellness coaching with program participants. The primary purpose will be to support and encourage participants in achieving their goals as outlined in the Physical category of their Restorative Individualized Strategic Empowering (RISE) plan. Meeting with participants for one-on-one coaching sessions, teaching classes, coordinating with volunteers, organizing and/or leading physical activities, and collaborating with staff in the house on the best way to support participants.

### Job Responsibilities

- Responsible for the development/delivery of trauma-informed wellness materials, focusing on basic spheres of physical wellness that will include but is not limited to: activity and movement, food and nutrition, hormones and femininity, sleep hygiene and personal hygiene. Work closely with the Education Director and Program Manager to understand what topics are needed in the development of health and wellness curriculum.
- Assess and engage participants on varying levels of interest and ability, motivate participation by clearly communicating the goals of wellness programming and the benefits of physical wellness.
- Empower and assist participants in the development of personal goals for the Physical component of their RISE plan. Coach participants in identifying specific ways to practice their individual expression of wellness and assess what support they will need to achieve that.
- Help participants find tools and resources to build healthy habits for their unique body type. This can include introducing new exercise routines or whole foods with key nutrients among other sustainable life changes.
- Lead and teach classes focused on health and wellness to support holistic restoration and help build healthy habits.
- Teach individual wellness lessons with participants and provide one-on-one coaching outside of group class time that will encourage and support participants in the achievement of and help them stay on track with their goals.
- Build partnerships in the community and seek out resources outside of Wings that can also lead and teach classes and/or activities.
- Determine what support or expertise outside Wings is needed and make recommendations to the Program Manager. For example, an Eating Disorder Therapist or Swim Instructor.
- Work closely with the Program Manager to ensure physical goals on the RISE plan are being met. This may include but is not limited to weekly meetings to share updates, concerns and progress; read and/or update documentation as appropriate; collaborate on ideas and topics to help participants achieve goals.
- This position will office at our Transitional Living Center (TLC) but will pop in and out of the Restoration Home for meetings with staff, one-on-one coaching with participants or to lead physical movement activities.

## **Education and Experience**

- Preference will be given to individuals who have a Health Coach certification.
- 3 - 5 years of Health Coaching experience required.

## **Knowledge, Skills and Abilities**

- Knowledge of or experience in trauma informed care is highly desirable.
- Understanding the connection between mind and body in relation to complex trauma.
- Capable of performing multiple tasks and is well organized
- Possess crisis management skills
- Display strength-based tendencies
- Effectively communicate with others

## **Additional Job Requirements**

- Agree with the Wings of Refuge Statement of Faith
- Understand and demonstrate a willingness to engage in the Guiding Principles of the program
- Maintain an active, growing relationship with the Lord
- Participate in all required training and show competency in skill areas of training content.
- Willingness to pursue and participate in continuing education to stay up to date on best practices and regulatory compliance requirements.
- Never have been shown by credible evidence (e.g., a court or jury, a department investigation, or other reliable evidence) to have abused, neglected, sexually exploited, or deprived a child or adult or to have subjected any person to serious injury as a result of intentional or grossly serious injury as a result of intentional or grossly negligent misconduct as evidenced by an oral or written statement to this effect obtained at the time of application and evidence of having made efforts to obtain and evaluate references from previous employers
- Complete a satisfactory preliminary criminal history background check and a satisfactory fingerprint records check.
- Be 21 years of age or older.
- Pass a motor vehicle record check

*Note: This role works directly with female participants in our residential homes. Wings of Refuge follows a trauma-informed care approach and due to the nature and sensitivity of the work we do, a bona fide occupational qualification is that we can only hire women into our residential services positions.*