



## JOB POSTING

Tuesday, April 3, 2012

### **Health and Wellness Coach**

**Flamborough Family YMCA**  
**207 Parkside Drive**  
**Waterdown, Ontario**  
**Salary Range: \$11.00**

**Placement: Immediate**

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### **Overview:**

As one of the largest charitable community service organizations in Canada, the YMCA of Hamilton/Burlington/Brantford responds to critical social needs in the community and works to provide solutions. By nurturing the potential of children, youth and adults, the YMCA connects people to life-building opportunities, to each other and enhances their quality of life. We foster social responsibility and healthy living. The YMCA works collectively with community partners that share the YMCA's determination in strengthening the foundations of community for all people.

This position requires a commitment to the YMCA mission and core values of: Responsibility, Caring, Honesty and Respect, as well as, a commitment to building developmental assets in children and adults.

### **Nature & Scope:**

Reporting to the Health and Wellness Supervisor, this position provides delivery of Member Connect and Live Well program initiatives, interacting with members to develop positive relationships while accessing the Health and Wellness Centre.

This position is part-time position (up to 25 hours per week), with a flexible schedule based on programming needs. This may include mornings, afternoons, evenings, weekends with an emphasis on Wellness Coaching, program reviews, facility supervision, maintenance and the provision of excellent customer service.

### **Responsibilities:**

- Direct delivery of Member Connect and Live Well program initiatives (coaching sessions, intakes, program delivery, data collection and communication)
- Health and Wellness Center supervision, including maintenance of safety and cleanliness requirements
- Interaction with members developing positive relationships and addressing concerns or questions
- Communicates with fellow staff regarding member and safety needs
- Ensure role specific/relevant certifications are up to date and on file

### **Qualifications:**

- Current CPR, First Aid and WHMIS certifications
- Provide a current Criminal Reference Check in accordance with the Association's human resource policies
- 2 or more years of training/post secondary education in Physical and/or Health Education or related field along with 1+ years related work experience or a combination of both education and experience is preferred
- Excellent customer service skills/ interpersonal skills

- YMCA Leadership Certification in Individual Conditioning (IC 1 and 2), Group Fitness, Personal Trainer (or other recognized certifications)
- Computer skills including Microsoft Word & Excel, & Outlook
- Ability to instruct group fitness classes an asset

## **Competencies:**

### **Commitment to Organization Vision and Values**

Demonstrates and promotes a personal understanding of and appreciation for the mission, vision, strategic outcomes and values of the YMCA.

### **Integrity**

Demonstrates responsible behaviour at all times and maintains high ethical standards.

### **Teamwork**

Actively builds teams and encourages open relationships for maximum organizational effectiveness.

### **Service Orientation**

Deliberately identifies and creates opportunities to enhance each and every individual's YMCA experience.

### **Relationship Building**

Builds positive interactions both internally and externally to achieve work related goals.

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If you are interested in this position, please submit your letter of application and resume by **April 10<sup>th</sup> 2012** to:

**Pamela Dunk**  
Adult Services Supervisor  
Flamborough Family YMCA

**We thank all applicants, however, only those considered for an interview will be contacted.**  
**Thank you.**

Email: Pam\_dunk@ymca.ca