

Job Description

Lifestyle Leader - Clubs Programme

MoreLife (UK) Ltd is a leading expert provider of weight loss programmes for children, families and adults.

The Lifestyle Leader will gain invaluable experience and practical knowledge in the support of health and nutrition for children.

Key focus of the role:

- Coach parents and children to identify and understand their current barriers to health eating.
- Educate the parents and children by facilitating interactive and engaging lifestyle activities.
- Support individuals to set realistic goals in terms of changing behaviour and achieving positive healthy outcomes.

Responsibilities

1. The safe and effective delivery of all lifestyle sessions during the programme:
 - Following the club curriculum, plan the sessions to be interactive and engaging, considering the needs of the club members in the group
 - Facilitate lifestyle sessions that are developmentally appropriate and relevant for all involved
 - Ensure an inclusive, fun, motivating and positive experience for all individuals and fellow staff
 - Ensure a variety of experiences for the club attendee's, utilising a range of skills, activities, and approaches to the delivery of the sessions
 - Ask open questions to assist individuals to set and achieve realistic personal goals that will remove barriers to change behaviours
 - Respond to individual needs and queries of participants, where appropriate
 - Embrace and act on feedback from your colleagues and the Supervisor to ensure continual improvement in your role.

2. Ensure that all children and staff are appropriately cared for during their club experience:
- Ensure lifestyles sessions are delivered to a high standard and that club members and staff conduct themselves appropriate in sessions
 - Effectively manage poor behaviour in children, with a particular focus to ensure children and peers recognise unacceptable behaviour such as bullying.
 - Adhere to the child protection procedures
 - Ensure punctuality of the programme
 - Be constantly aware of the number of children in the group
 - Ensure children are not left unsupervised at any time
 - Set up and check the safety of equipment and prepare/purchase lifestyles resources, where appropriate
 - Take responsibility for equipment used; maintain order in the stock room, count stock in and out during every session, report damage/breakage/loss to the Supervisor
 - Recording accidents and incidents following the appropriate process.

Health and safety: To maintain a positive attitude to health and safety in carrying out the duties of the post with special emphasis on the environment and safety of the club members in your care.

There is a no smoking and drinking of alcohol policy in force for the duration of the club

Equal Opportunities: Post holders must at all times carry out their responsibilities with due regard to the Company's equal opportunities policy.

The post is subject to a full CRB disclosure.

Person Specification - Lifestyle Leader

ATTRIBUTE	ESSENTIAL	DESIRABLE	HOW IDENTIFIED
QUALIFICATIONS	To hold or be working towards a degree in any of the following: Nutrition, Dietetics, Health Promotion, Education, Physical Education, Sport & Exercise, Psychology, coaching or a related field.		Application
EXPERIENCE	Experience of working with children	Experience of leading school based and/or relevant healthy lifestyle/ weight management classes Experience of dealing with people with sensitive medical problems.	Application/ Interview
SPECIAL ATTRIBUTES	Confidence in planning and delivering fun and creative lifestyle sessions Self-motivated Strong interpersonal skills and the ability to build trusting relationships with the children and their families Coaching skills A caring and empathetic attitude Ability to use initiative Be able to work under pressure Strong organisational skills Excellent verbal and written communication skills Ability to support individuals to meet their targets.	The ability to prepare materials that are appropriate to the target audience	Application/ Interview