

PERSON SPECIFICATION

Skills, Knowledge and Experience

Essential

Experience:

- Previous experience of: assessing and monitoring customers; and offering therapeutic nutritional support and dietary education.
- Experience of working with individuals who have diabetes and obesity; and providing nutritional support.
- Experience of working in a person centred way with individuals (1-2-1) and with groups of people in different settings to help them achieve their goals.
- Experience of working with people facing a range of health barriers and social issues.
- Experience and/or knowledge of using coaching approaches or other helping strategies e.g. Motivational Interviewing, Health Coaching Techniques.
- Experience of developing trusted relationships and demonstrating empathy when working with individuals with differing needs.
- Experience of developing effective local relationships and partnerships with a range of organisations and community groups.

Knowledge:

- Strong working knowledge of human nutrition and dietary assessment.
- Understanding of the wider determinants of health, including social, economic and environmental factors and their impact on communities.
- Sound knowledge of Microsoft Office (Word, Excel, PowerPoint, Outlook), CRM systems and social media platforms.

Skills & Competencies:

- Excellent administration, record keeping, and caseload management skills.
- Able to facilitate group activities that support individual's health and wellbeing.
- Excellent communication, organisation, planning and time management skills.

Qualifications & Professional Development:

- Degree in Nutrition or Dietetics.
- Registered with either the AfN or HCPC. Associate / Registered Nutritionist (AfN) or Registered Dietitian (HCPC).

Travel:

- A full driving licence and access to a reliable vehicle or be able to efficiently travel for the course of your duties, across the UK.
- Available to work flexible hours including evenings and occasional weekends.

Desirable

Experience:

- Experience in promoting health and wellbeing in community settings.
- Experience and/or knowledge of using coaching approaches or other helping strategies e.g. Motivational Interviewing, Health Coaching Techniques.
- Previous experience of working within a Primary Care Network.

- Experience in a Tier 2 Weight management service.

Knowledge:

- Knowledge and application of counselling skills/behavioural change.

Personal Attributes

- Highly organised.
- An active interest in health and nutrition.
- Passionate and motivated.
- Conscientious with a positive attitude.
- Comfortable working independently and within a team.
- Values-driven and aligned with CRT's mission.

Positioning Within CRT's Structure

The Health & Wellbeing Coach assists in the delivery of the CRT Engage programme.

The role ensures:

- Bespoke one to one support is provided.
- Group activities to suit the needs of the community are available.
- Connectivity with local opportunities to support the community.
- Appropriate stakeholders are utilised.

It enables the Senior Leadership Team to ensure CRT's regeneration delivery and community wealth building property model is underpinned by robust community engagement and development.

Please note the Trust is committed to safeguarding and promoting the welfare of all individuals; all staff must ensure that the highest priority is given to following the guidance and regulations to safeguard children/young people and adults at risk. This role is subject to a satisfactory enhanced DBS check and references.