

Health & Wellness Coach

Location: Flamborough Family YMCA, 207 Parkside Drive, Waterdown, Ontario L8B 1B9

Position Type: Part Time

Hourly Wage: \$17.20 per hour

Position Description:

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 29 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.

In this position, you will:

- 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

You Bring:

- Current Standard First Aid and CPRC certifications
- YMCA Leadership Certification in Individual Conditioning (IC 1 and 2), Group Fitness, Personal Trainer (or other recognized certifications)
- Provide a current Criminal Record and Judicial Matters Check, issued within the past six months
- 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
- Computer skills including Microsoft Word & Excel, & Outlook

Interested in applying?

Please send your resume to: Marissa Verdone, General Manager at:
marissa.verdone@ymcahbb.ca

To view and apply for positions as a current employee, please log into your UKG account and click "My Company", then "View Opportunities" in the sidebar menu.

The YMCA of Hamilton|Burlington|Brantford is committed to creating an inclusive, diverse, equitable and accessible environment. All qualified applicants will receive consideration for employment without regard to race, colour, religion, gender, gender identity or expression, sexual orientation, national origin, genetics, disability, age, or neurodiversity.

We understand the social barriers preventing individuals from applying for open roles. We encourage those from the Indigenous, 2SLGBTQIA+, BIPOC, and Disabled communities to apply.

If you need any accommodation throughout the recruitment process, please do not hesitate to contact our People, Leadership and Culture Department plc@ymcahbb.ca