

Health Coach – Grade 8

Job purpose

In Kirklees we want to be innovative and creative in the way we work to deliver our services with communities. Investing in relationships with those communities is at the core of what we do. We want to meet changing and challenging times with better and smarter ways to work.

Wellness is defined as a proactive, preventive approach that emphasises the whole person and which works to achieve optimum levels of physical, mental, social, and emotional health. This role is part of a team responsible for developing an integrated Health Improvement approach for adults; to help people build their capacity to maintain good health and be independent.

We want to bring together organisations, people, and services to develop a shared approach, using a 'strengths based' mind-set that acknowledges, builds upon, and unlocks the strengths, skills, and capacities of people to live healthy lives alongside the assets within the local community. We want to build on the existing strengths and assets of people and communities and will support individuals to find solutions to things which determine their health and prevent health conditions developing or worsening.

This role is based within [Adults and Health](#). Find out more about [working for Kirklees](#).

Key areas of responsibility

As a Wellness Service Health Coach, it is about working with individuals and communities to be more effective; helping people to maintain good health and be independent.

You will work with individuals who in general have been assessed as needing low level support to achieve their health and wellbeing goals. Participants you will work with will have three or fewer health issues which are preventing them from making positive lifestyle changes and will be typically more motivated to make changes i.e., increase physical activity. This job will help individuals safely and appropriately step away from more targeted interventions and assist them in finding the right ongoing options for them in the community and become more independent.

You will go beyond looking at single issue healthy lifestyle, long term conditions and a focus on illness and instead will embed a whole person community-based approach to improving health.

You will be a key interface between the Council, third sector and public sector partners – and be the catalyst to developing practical collaboration at community level.

You will be required to work closely and build effective relationships with community leaders to inform the work, i.e., elected members, senior officers, partner agencies and communities to develop and embed the Kirklees Integrated Wellness Model.

This job is about being part of a flexible and responsive team.

You will manage a varied case load of clients with multiple lifestyle/ health issues using person-centred and relationship-based practice to support participants to achieve progress against the goals and issues that are important to them.

In your role, you will deliver a range of evidence based one-to-one or group interventions including:

- Having opportunistic 'good health' conversations with individuals with low level needs to identify their own plans to address their needs in communities.
- Supporting people to address the things that determine their health and help people improve their sense of control.
- Delivering planned and opportunistic interventions i.e., Stop smoking support, weight management, NHS Health Checks and Physical activity-based sessions and opportunities in both leisure centres (Kirklees Active Leisure) and community settings, supporting people and communities to be more physically active in their everyday life e.g., active travel/making use of green and open spaces. This could be in a 1:1 or group setting.

You will ensure records are maintained and systems updated so interventions can be effectively evaluated and contribute to the evaluation of wellness service interventions.

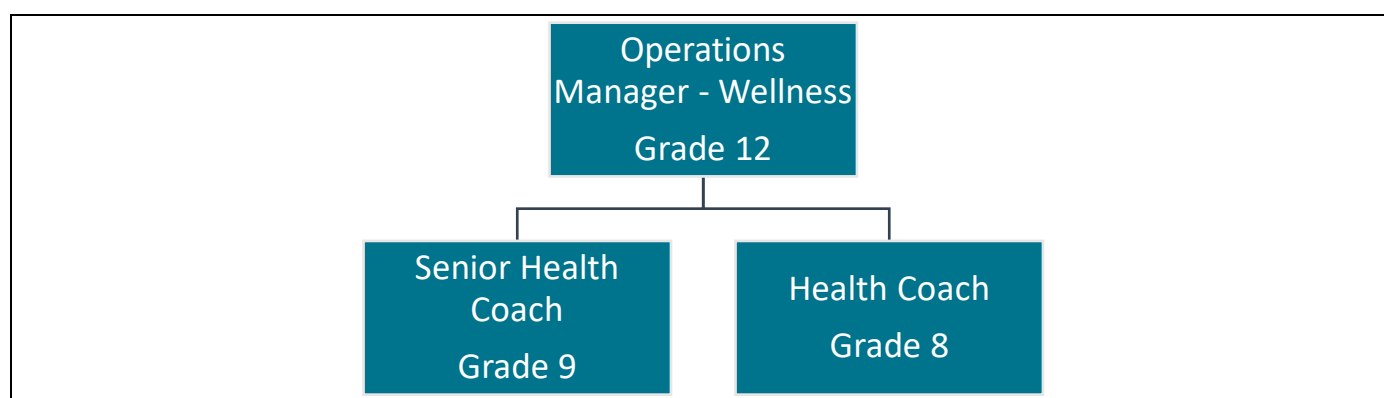
You will deliver targeted support to increase resilience, address challenges to good health and wellbeing, and improve emotional health i.e., and coping skills support for unpaid carers, improving mental health and other long-term conditions through physical activity and short courses/ group work.

You will also assist with recruitment and support of volunteers.

- Complying with all relevant volunteer policies (safeguarding, health, and safety etc.); collecting and tracking impact data
- Growing the capacity of managed volunteers towards becoming self-sufficient where possible

You will work with groups, other council services, partner agencies and organisations to reduce health inequalities and inequities in accessing services and resources

Position of job in organisational structure



Employee Specification

Knowledge, qualifications, skills, and experience	Shortlisting criteria
Relevant health qualifications such as smoking cessation L1/2, weight management level 2/3, physical exercise qualifications and / or a substantial experience	Essential
Skilled and experienced in delivering and advocating relationship-based approaches	Essential
A strong focus on the skills and assets of individuals and communities – not their deficits,	Essential
Passionate about helping people in the community, strong interpersonal and problem- solving skills	Essential
Personal resilience and flexible attitude in face of difficulties	Essential
Empathic and able to relate to individuals, groups and organisations in a variety of different circumstances	Essential
Knowledgeable and understanding of the issues affecting the lives of the target populations and the services, initiatives and policies that impact on them and a good understanding of diverse communities	Essential
Knowledge and experience of working on projects	Essential
Commitment to evidence-based practice and methodologies	Essential
Up to date with trends in health and wellness, and willingness to regularly update skills and experience with a genuine interest in the topic	Essential
Ability to work with people from a range of agencies and organisations to develop effective working relationships	Essential
Ability & aptitude to measure and track outcomes	Essential
Creative, flexible, and supportive to volunteers, groups and individuals	Essential
Ability to work in a political environment, support relationships with partners including primary care, housing mental health services and community groups	Essential
Accepts an enhanced DBS and barred list check is required. Please note that a conviction may not exclude candidates from appointment but will be considered as part of the recruitment process.	Essential
Willingness to work flexible hours, including evenings and weekends on occasion	Essential
Travel is an essential part of this job and therefore it would be extremely difficult for you to do your job effectively if you did not use a car for all or most of the time. It is essential that you hold a full and	Essential

Knowledge, qualifications, skills, and experience	Shortlisting criteria
valid driving licence, and it is expected that you will either use a council vehicle or your own car.	
Ability to use recording systems and ensure data inputting is accurate	Essential

Behaviours and expectations

The right behaviours and attitudes are as important to us as the skills you bring to the job. We expect all our employees to demonstrate the following behaviours:

- Positive
- Honesty
- Respectful
- Flexible
- Communicative
- Supportive

You will also promote and be a role model of the Council's expectations of a New Council Employee within the organisation. This role is at level 2. Find out more about [Council Behaviours and Expectations](#).

General information

See your responsibilities related to [Safeguarding](#).

Driving licence or able to travel independently across Kirklees, exceptions maybe made for disabled candidates.

DBS check at the appropriate level.

This Job Profile is intended to provide an understanding and appreciation of the responsibilities of this job. It is not possible to specify every detail and we expect you to work flexibly within your skills, knowledge, experience, and grade of this job.

For Office Use Only:

Job Category	Social Care - Adults	Grading ID	66330
Job ID	80102551	Last Updated	18.10.2021
Job Focus	No	Career Progression	No

Contractual Variants

DBS Category	Adults	DBS Type	Enhanced + Barred
Health Check	No	Politically Restricted	No
24/7 working	No	Public Holidays	No
Night Working	No	Alternating Pattern	No
Standby	No	Other	No