

# A BETTER US STARTS WITH U



## WE WANT YOU ON OUR TEAM!

The FOND DU LAC FAMILY YMCA IS NOW HIRING:

## WELLNESS COACH Part Time

### JOIN OUR TEAM!

The Fond du Lac Family YMCA is looking for a motivating individual to interact with new and existing members to help them in achieving their health and well-being goals.

#### RESPONSIBILITIES

- Coach members in support of their desired behavior change. Regularly checks on members' progress in meeting personal and program goals. Able to demonstrate the use of fitness equipment to members and participants.
- Answer questions from members to support them in achieving their goals related to healthy living. Maintains working knowledge of wellness and trends to provide effective information and support to members.
- Build effective, authentic relationships with members; helps members connect with each other and the YMCA.
- Utilize tools and information to increase member knowledge of wellness and wellness programs provided through the YMCA.
- May conduct post-enrollment interviews to understand personal goals, background, healthcare needs, diverse abilities & interests and develops plans to meet their individual needs.
- Maintain and clean equipment according to the schedule.

#### REQUIREMENTS

- Holds or is pursuing a degree in related field such as kinesiology, exercise science, health promotion, or related experience preferred.
- Have experience and basic knowledge of weight training and cardiovascular exercise, with an understanding of the structure and function of the human body.
- CPR/AED certifications and Child Abuse Prevention training within 90 days of hire date.
- Previous experience with diverse populations preferred.
- Must effectively communicate and actively interact with members

**WAGE SCALE:** \$9.45+ based on education and experience

**WORK DAYS:** 10-15+ hours per week. Shifts vary. Morning and/or evening availability is required.



### HOW TO APPLY

- 1 - Fill out the  **EMPLOYMENT FORM**
- 2 - Submit your **RESUME & EMPLOYMENT APPLICATION**



For a better us.® <.....