



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE NORTHWOODS JOB DESCRIPTION

Job Title: **Wellness Coach**

POSITION SUMMARY:

Provides a safe and effective fitness experience for all Wellness Center users.

ESSENTIAL FUNCTIONS:

1. Excellent communication skills, excellent relationship building skills, the ability to model the YMCA core values.
2. Provide member orientations to the facility and equipment
3. Answers 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.
4. Builds effective, authentic relationships with members; helps members connect with each other and the YMCA.
5. Follows YMCA policies and procedures; responds to emergency situations.

YMCA COMPETENCIES (Leader):

Mission Advancement: Accepts and demonstrates the Ys values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fund-raising.

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience. Follows budgeting policies and procedures, and reports all financial irregularities immediately. Strives to meet or exceed goals and deliver a high-value experience for members.

Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

QUALIFICATIONS:

1. Required certifications: CPR, First Aid, AED.
2. YMCA Healthy Lifestyles certification or other recommended or required training within 60 days of hire.
3. At least one year of experience in recreation fitness or physical education.

PHYSICAL DEMANDS.

1. Ability to perform all physical aspects of the position; including demonstrating equipment, walking, standing, bending, reaching, lifting techniques and spotting skills.
2. Maintain high standards of cleanliness of all equipment and wellness facility.

The work environment characteristics described are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

I understand and mutually accept the above descriptions to the job to be performed.

Wellness Coach

Date

Executive in Charge

Date