



LIFESTYLE COACHES

The YMCA of South Palm Beach County is a non-profit charitable organization for youth development, healthy living and social responsibility. Join a powerful association with a focus on nurturing the potential of every child and teen, improving the nation's health and well-being and providing opportunities to give back and support our neighbors.

Position Summary:

The YMCA of South Palm Beach County is seeking to hire Lifestyle Coaches for its Diabetes Prevention Program. Lifestyle Coaches are trained facilitators who deliver the YMCA's Diabetes Prevention Program throughout south Palm Beach County.

The YMCA's Diabetes Prevention Program (YMCA's DPP) is an evidence-based program developed to reduce the risk of diabetes in individuals with pre-diabetes or at high risk for developing type 2 diabetes. The program is group-based and delivered over 12 months. It consists of 6 months of 16 weekly core sessions, then biweekly sessions followed by 6 monthly sessions. Each one-hour session is facilitated by a trained Lifestyle Coach. The sessions cover healthy eating, physical activity and behavior modification to help participants achieve a 7% weight loss and an increase of physical activity to 150 minutes per week.

Job Requirements:

- Strong communicators with excellent facilitation skills in order to guide behavior change;
- Supportive and empathic of their participants and the group's needs;
- Passionate and interested in preventing diabetes and understanding of behavior change;
- Comfortable facilitating diverse groups of adults;
- Flexible to work with a wide variety of people in different types of community settings;
- Able to build strong relationships with individuals, and build community within a group;
- Able to work on a computer to record participant and program data;
- Flexible schedule to accommodate the class times which range from daytime, evening to weekend. Only persons with flexible schedules will be considered;
- Willing to travel within Palm Beach County to deliver the program where it is needed;
- Willingness to teach multiple classes;
- Reliable transportation is required

Training Provided:

The Lifestyle Coach training includes several components including 2-3 hours of e-Learning before a day and half classroom training. Classroom training is mandatory and will be held in May in Palm Beach County. Post-classroom training includes an additional 3-4 hours of e-Learning including HIPAA Privacy and Security, training in our tracking database, and required risk management training for all YMCA employees.

Hiring is contingent upon:

- **Completing the components of the Lifestyle Coach training in a timely manner;**
- **Attending and passing the in-person Lifestyle Coach Training**

Pay for Lifestyle Coaches:

- Lifestyle Coach pay is \$12.50/hour for each hour of prep work and actual classroom teaching (2-4 hours/week per class).

YMCA Competencies (Leader):

- ***Mission and Community Oriented:*** Accepts and demonstrates YMCA values. Works effectively with people of different backgrounds, abilities, opinions and perceptions. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them.
- ***People Oriented:*** Seeks first to understand the other person's point of view, and remains calm in challenging situations. Builds rapport and relates well to others. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.
- ***Results Oriented:*** Strives to meet or exceed goals and deliver a high-value experience for members. Embraces new approaches and discovers ideas to create a better member experience. Makes sound judgments, and transfers learning from one situation to another. Establishes goals, clarifies tasks, plans work and actively participates in meetings. Supports fundraising. Follows budgeting policies and procedures, and reports all financial irregularities immediately.
- ***Personal Development Oriented:*** Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process.

Disclaimers:

- Must complete successful criminal background check and drug screen.
- All of the above duties and responsibilities are essential job functions subject to reasonable accommodation. The YMCA promotes an equal employment opportunity work place which includes reasonable accommodation of otherwise qualified disabled applicants and employees. Please see your manager should you have any questions about this policy or these job duties.
- This job description may not be all-inclusive and employees are expected to perform all other duties as assigned and directed by management. Job descriptions and duties may be modified when deemed appropriate by management.

If you are interested in becoming a Lifestyle Coach for the YMCA's Diabetes Prevention Program, please submit resume and cover letter to Robin Nierman at rnierman@ymcaspbc.org.