



Job Title: Shape Up Coach (Weight Management)

Department: Watford FC Community Sports and Education Trust

Reporting to: Healthy Lifestyles Project Manager

Hours: Casual/Sessional

Salary: £20 per hour (Assistant) £30 per hour (Lead)

Location: Successful Candidates would be expected to be able to work in at least 2 of the following areas:

Watford / St Albans / Hertsmere / Dacorum / Three Rivers / Welwyn/Hatfield / North Herts / East Herts / Harrow

Contract Type: Casual

Closing Date: Monday 6th September 2021

Interview Date: Friday 17th September 2021

Our vision is to 'improve lives, enhance communities' and aim to 'make a positive difference for all through sport, physical activity and learning'. We have developed a strong track record of delivering high quality community-based initiatives and services.

Our work focuses on three priority areas: Health & Wellbeing, Learning & Skills, and Social Inclusion, alongside a core theme of work in Football and Sports Development. These are all underpinned by our promise to deliver accessible opportunities.

Summary of your role:

Are you inspired to help support 18-to-65-year-old individuals across our Weight Management programme?

You will work alongside our Shape Up programme lead to deliver 90-minute classroom based and physical activity sessions.

Your key responsibilities, but not limited to:

Your main duties include but are not limited to:

- Delivering safe and effective exercise for overweight and obese members of the community
- Support individuals with nutritional advice
- Create group cohesion through sound knowledge and fun sport and exercise



- To work in a 2-coach team to deliver excellent weight loss results across 12 week Shape Up courses

You Must Have:

- Minimum L2 Fitness/Gym Instructor qualification
- Experience working with adults in a fitness or lifestyle context
- Be able to demonstrate sound knowledge of nutrition for weight loss
- Excellent communication and inter-personal skills
- Be able to motivate and facilitate weight reduction in adults
- Must have a full and valid UK driving license & car access

You would ideally have, but not vital:

- First Aid Qualification (in date)
- Safeguarding Qualification (in date)

What is in it for you?

- Chance to join an award-winning charity and work alongside a high-quality delivery team, determined to use the positive power of sport, physical activity and learning for social good.
- Opportunity to benefit from a range of training and development opportunities

Equal Opportunities:

We are dedicated to fostering a diverse and dynamic working environment by building a team that represents a variety of backgrounds, perspectives, and skills. The more wide-ranging we are, the better our work will be.

We are committed to Safeguarding children and adults at risk. The necessary Disclosure and Barring Service check will apply to this post.

Application process:

1. If you would like to work at Watford FC's Community Trust as a Shape Up Coach download an application form and a copy of the full job profile located on the Watford FC Community Sport & Education Trust website via the following link:
<https://www.watfordfccsetrust.com/support/vacancies/>



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2. **Please send a fully completed application form and equal opportunities form to trustrecruitment@watfordfc.com or by post to Karen Stephanou, Equality, Diversity and Inclusion Strategic Lead, Watford FC's Community Sports & Education Trust, Vicarage Road Stadium, Vicarage Road, Watford, WD18 0ER. If you are invited for an interview, copies of all relevant qualifications, and a copy of your proof of right to work in the UK will be needed on the day.**
3. If you require any further information or wish to discuss the opportunity, please contact **Karen Stephanou** at Karen.Stephanou@watfordfc.com