



## Wellbeing Mentor

Are you passionate about mental health and wellbeing?  
Do you have a desire to make a difference?  
Are you looking for a flexible part-time opportunity?

If so, we want you!

Mindhub is designed to provide anonymous 24/7 support to build resilience, through assessment and signposting to curated videos, modules and relaxation techniques that will guide managers, colleagues and employees to proven techniques to eliminate stress and improve emotional wellbeing.

We are looking for Wellbeing Mentors who are emotionally intelligent, supportive of others, insightful, able to actively listen, and are comfortable using technology.

Our aim is to create healthier, happier and more productive humans who can thrive and feel safe, supported and enjoy being in the workplace. We spend most of our adult life in the workplace, so it is our mission to utilise our unique emotional technology, developed by experts to intervene and signpost earlier to improve emotional wellbeing.

We are looking for peer support mentors to deliver online support to individuals facing distress within the workplace. As a mentor, you will be required to work with corporate clients offering online, one to one support delivered in 45 minute sessions to help reduce distress, such as anxiety or depression and provide signposting to other support when required.

Job Description	Wellbeing Mentor	Essential/ Desirable	Interview
Person Specification	<ul style="list-style-type: none"> <li>• To understand issues that impact and relate to mental health &amp; wellbeing</li> </ul>	E	✓
	<ul style="list-style-type: none"> <li>• Know how to recognise the signs and symptoms of mental illness</li> </ul>	E	✓
	<ul style="list-style-type: none"> <li>• Be motivated and able to build strong positive relationships and create a therapeutic alliance to talk openly about mental health</li> </ul>	E	✓
	<ul style="list-style-type: none"> <li>• Possess excellent interpersonal skills, listening skills and high emotional intelligence</li> </ul>	E	✓
	<ul style="list-style-type: none"> <li>• The ability to think on your feet, to handle complex situations and signpost risk</li> </ul>	E	✓
	<ul style="list-style-type: none"> <li>• Time management skills</li> </ul>	E	
	<ul style="list-style-type: none"> <li>• Strong analytical and problem solving skills</li> </ul>	E	
	<ul style="list-style-type: none"> <li>• Have a non-judgemental attitude</li> </ul>	E	
	<ul style="list-style-type: none"> <li>• Be a passionate, engaging and empathetic</li> </ul>	E	✓
	<ul style="list-style-type: none"> <li>• Required to demonstrate good written, verbal skills, as well sufficient proficiency with technology, including email, CRM, online self-management tools</li> </ul>	E	
	<ul style="list-style-type: none"> <li>• Have a good standard of written and spoken English</li> </ul>	E	

Experience	<ul style="list-style-type: none"> <li>• A minimum of 2 years-experience in Coaching, Mentoring, Counselling or a Mental Health support worker role</li> <li>• A secure knowledge and understanding of either Psychotherapy, CBT, Mindfulness EMDR or humanistic therapy</li> <li>• A good understanding of matters relating to adult safeguarding procedures and suicide prevention</li> <li>• Experience of working with managing/ assessing risk</li> <li>• Ability to demonstrate your understanding of the corporate environment</li> <li>• Confident with technology and online video conferencing e.g. Skype or Zoom</li> </ul>	E E E D D E	✓   ✓  ✓
Requirements	<ul style="list-style-type: none"> <li>• You should have a degree or equivalent in an appropriate field such as counselling, CBT, MCBT, Psychotherapy and evidence of relevant professional qualification/training relating to mental health</li> <li>• Flexibility with working hours to accommodate morning, evenings or weekends</li> </ul>	E D E	✓

### We can offer you

- 15 hours per week
- CPD and professional development
- Flexibility and hours to suit you
- Salary £29,250 pro rata

If you feel this role would be suitable for you please send your CV to [Raymond@benevolenthealth.co.uk](mailto:Raymond@benevolenthealth.co.uk)