



Wellbeing Coach

Are you passionate about mental health and wellbeing?

Do you have experience leading and facilitating engaging workshops?

Do you have strong interpersonal and communication skills?

In partnership with MindHub 'emotional technology' we believe in prevention and want to increase access to early diagnosis and increase awareness of mental health in the workplace.

Our aim is to improve workplace wellbeing by reducing stigma and increasing the confidence of managers to promote wellbeing, and increase awareness of mental health in the workplace. As a facilitator, you will be a key contributor to upskilling managers and employees to recognise the early warning signs and symptoms of mental illness and signpost colleagues both to internal or external support.

Job Description	Wellbeing Coach	Essential/ Desirable	Interview
Person Specification	<ul style="list-style-type: none"> • Be a passionate, empathetic and an engaging facilitator with experience facilitating or delivering workshops to diverse audiences • Be comfortable working with group dynamics while managing the activity process, with the ability to think on your feet and respond to different learning styles or approaches • Apply experiential learning principles to deliver multi-model opportunities for learning within the workshops • Have a deep understanding of mental health, how to spot the signs and symptoms and have a secure knowledge of both public and private sector mental health treatments or therapies • Possess excellent interpersonal training or coaching skills and to be able to communicate effectively at all levels, keeping everyone focused on the objectives of the session • To be able to plan and organise training materials and activities, including feedback of the training in reports • Be well organised and a good team player, with the ability to work on your own initiative and solve problems • Have excellent listening and social skills • Have a non-judgemental attitude 	<p>E</p> <p>E</p> <p>E</p> <p>E</p> <p>E</p> <p>E</p> <p>E</p> <p>E</p> <p>E</p> <p>E</p>	<p>✓</p> <p></p> <p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p></p> <p></p> <p></p> <p></p>
Experience	<ul style="list-style-type: none"> • You will have experience of presenting and delivering workshops/training to adults • A minimum of 5 year's experience coaching, counselling or in occupational health • Experience of leadership or management roles 	<p>E</p> <p>E</p> <p>D</p>	<p>✓</p> <p></p> <p></p>

Requirements	<ul style="list-style-type: none"> • Utilise digital technology including applications • Active LinkedIn & Twitter profile • Promote Mind Hub 'emotional technology' and encourage the use of the material as a follow up to continue learning 	E D E	✓

The Salary is negotiable and a day rate will be agreed per workshop

If you feel this role would be suitable for you please send your CV to Marteka@benevolenthealth.co.uk