



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PIEDMONT FAMILY YMCA JOB DESCRIPTION

Job Title: **Wellness Coach**  
Leadership Level: Leader 2  
Status: P/T  
Reports to: Wellness Director

Pay Range: \$8.51-\$12.77  
FLSA Status: Non-Exempt  
Department: Wellness  
Revision Date: 3/21/2018

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### POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Interacts with new and existing members to help them in achieving their health and well-being goals. Creates a welcoming environment for all members of all backgrounds and abilities.

### ESSENTIAL FUNCTIONS:

- Coaches members in support of their desired behavior change. Regularly checks on members' progress in meeting personal and program goals.
- 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.
- Builds effective, authentic relationships with members; helps members connect with each other and the YMCA. Introduces new members to group exercise communities based their health and well-being goals.
- Utilizes tools and information for the purpose of increasing member knowledge of wellness as well as wellness programs provided through the YMCA (handouts, schedules, etc.).
- May conduct post-enrollment interviews to understand new members' definition of well-being, personal goals, cultural background, healthcare needs, diverse abilities and interests and develops plans to meet their individual needs.
- Maintains and cleans equipment according to the schedule or as requested by supervisor.
- Follows YMCA policies and procedures; responds to emergency situations.
- Attends all staff meetings.
- Performs other duties as assigned.

### LEADERSHIP COMPETENCIES:

Advancing Our Mission & Cause: Engaging Community, Volunteerism, Philanthropy, Change Leadership

Building Relationships: Collaboration, Communication & Influence, Inclusion

Leading Operations: Critical Thinking & Decision Making, Fiscal Management, Functional Expertise, Innovation, Program/Project Management

Developing & Inspiring People: Developing Self & Others, Emotional Maturity

### QUALIFICATIONS:

- High school graduate or equivalent preferred.
- CPR, First Aid, AED certifications; Bloodborne Pathogens and Child Abuse Prevention training within 30 days of hire date.
- YMCA New Hire Orientation and other applicable YMCA Trainings within 90 days of hire date.
- Previous experience with diverse populations preferred.

- Previous experience working in the fitness/wellness industry preferred.

**WORK ENVIRONMENT & PHYSICAL DEMANDS:**

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Ability to perform all physical aspects of the position, including walking, standing, bending, reaching, and lifting.

**SIGNATURE:**

I have reviewed and understand this job description.

\_\_\_\_\_  
Employee's name

\_\_\_\_\_  
Employee's signature

Today's date: \_\_\_\_\_