



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PIEDMONT FAMILY YMCA JOB DESCRIPTION

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

Pay Range: \$14-\$15
FLSA Status: Non-Exempt
Department: Wellness
Revision Date: 4/12/2021

POSITION SUMMARY:

The position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Under the guidance of the Wellness Director, the Wellness Coach will assist members to attain their wellness potential through various programs. The position will be instrumental in helping the member set goals, both long and short term and develop self-management skills consistent with sustained health behavior change. This position must perform program responsibilities in accordance with the policies, goals and mission set forth by the YMCA.

ESSENTIAL FUNCTIONS:

- Monitor all areas of the wellness center, including group exercise studios.
- Maintain cleanliness and safety of entire wellness area and equipment according to the schedule or as requested by supervisor.
- Answering and engaging with members to ensure their safety on the wellness floor.
- Follow YMCA policies and procedures: respond to emergency situations.
- Attend all staff meetings.
- Adhere to YMCA core values of caring, honesty, respect, and responsibility.
- Perform 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/AED/First Aid required within 60 days of hire date
- YMCA New Hire Orientation and other applicable YMCA trainings within 90 days of hire date
- Excellent verbal and written communication skills, interpersonal abilities and computer proficiency are necessary
- Must be available to work evenings and weekends.

WORK ENVIRONMENT & PHYSICAL DEMANDS:

- The physical demands will include standing, walking up and down stairs frequently,

bending down to clean equipment, lifting weights to re-rack. Should be able to lift up to 50 lbs.

- Candidates must be able 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: _____

