

Active Communities Instructors

Part-time 15 hours per week, Fixed Term (30th June 2024)

Salary - £21,222 pro rata for part-time (£11.41 per hour)

Location – Edinburgh, City Wide Delivery

Have you got what it takes to help transform a person's life?

We are looking for an **Active Communities Instructor** to help us motivate, educate, and enable people to achieve more and live more active, healthier lives through our Healthy Active Minds project. The project is designed for individuals who are dealing with mild to moderate depression, stress, anxiety, or low mood. Through various physical activities, you will help them improve their overall health and mental well-being.

In this challenging but rewarding role, on a day-to-day basis you will be:

- Delivering motivational consultations and physical activity sessions to people who experience mental health difficulties or face barriers to being active.
- Providing support, encouragement, and inspiration for participants to get active, remain active and improve their health and well-being.
- Creating a safe, interactive, and engaging environment for participants to identify their physical activity, health, and well-being goals.
- Assessing individuals' needs and identifying those who need specialists' support for their mental health, making recommendations to wider Health Professionals as appropriate.
- Supporting the continued development of Active Communities projects by collating feedback from participants, identifying potential case studies and sharing your learnings.

We are looking for a vibrant, outgoing person with a proactive attitude. In addition, **our ideal candidate will have:**

- Level 3 Exercise Referral qualification or equivalent, but we will consider applications with a Level 2 Gym Instructor qualification willing to work towards the Level 3 qualification.
- A background or experience of working with people experiencing inequalities and people struggling with their mental health.
- A proven track record of delivering effective physical activity sessions.
- Great listening, interpersonal and communication skills with the ability to show empathy and compassion.
- A passion for mentoring and supporting people in becoming active, a high level of maturity, patience, and dependability.
- A driving license is desirable due to program delivery in various EL locations across Edinburgh.

We offer one of the best rewards packages in the industry:

- FREE membership across all our centres with access to fitness classes, gyms, and swimming pools

- Opportunities for training, career growth and development
- Generous holiday allowance (32 days, rising with service up to 40 days)
- Shift work which may fit around other commitments
- Cycle-to-work scheme
- Paid sick leave
- Company pension
- Access to discounts with a huge number of retailers (saving money in cinemas, restaurants, clothing, and electronics shops, on insurance and healthcare and much more)

If you are passionate, energetic, and enthusiastic about transforming lives and communities through physical activity, we want to hear from you.

To access the full job description, and terms of service and to apply, follow the link below and register your application.

Closing date – Sunday 22nd October 2023

Assessment date – Thursday 2nd November