

Position Description – Ladder Health and Wellbeing Coach (sessional)

(Hourly rate \$35 per hour, maximum of 8 hours per week)

July 2017

Introduction

Ladder provides development services to young people experiencing or at risk of homelessness. Ladder delivers these services in structured accommodation settings to help young people transition to independence and through early intervention programs aimed at preventing homelessness. The philosophy underpinning Ladder's mission is to work with young people using innovative approaches that demonstrate real and lasting changes, with the values of sport at its core.

The Role

The Ladder Health and Wellbeing Coach (sessional) role is based in Geelong, and supports the delivery of the Health and Wellbeing, and Ladder Development Program, as part of the broader Geelong program to deliver improved health and wellbeing outcomes of young people engaged in the Ladder program. The role is supervised by the Ladder Career and Development Coach (Geelong) and supports the overall delivery of Ladder programs. The program delivery and hours of work will be negotiated around the needs of the young people that Ladder services, and any additional hours above the maximum weekly to be approved by the Victorian State Manager.

Key responsibilities and duties – Health and Wellbeing Program

- Deliver health and wellbeing sessions to improve physical and mental health of young people.
- Deliver and support the development of individual training programs that provide fundamental life skills and support young people to connect with the community.
- Assist young people to build strong locally-based community sport, recreation and wellbeing connections by supporting young people's access to sporting clubs, community activities and other health and wellbeing opportunities
- Assist where needed to deliver other aspects of the Ladder Geelong program and Empower Youth Program as directed by the Geelong Career and Development Coach

Key Selection Criteria

- Personal Training, coaching or education experience and accreditation
- Demonstrated experience in working with young people from diverse backgrounds of social and economic disadvantage young people, through both individual and group work activities
- Demonstrated experience in program delivery; facilitating health and wellbeing sessions, personal development, coaching or mentoring activities
- Excellent written and verbal communication skills



- Excellent organisation skills and well presented
- Demonstrated ability to work sensitively with confidential information

Personal Requirements:

- Display and adhere to behaviours consistent with Ladder's Values (Committed, Innovative and Passionate)
- Must be honest, personable, and a team player
- Demonstrated ability to give and receive feedback
- Capacity to build strong relationships with all stakeholders
- Be willing to obtain an ABN (Australian Business Number)

Successful candidate will be required to have a current Victorian driver's licence, Working With Children Check and Police Check.

For further information, please contact Leigh Kennedy on 0488 588 859

Applications, including a response the Key Selection Criteria are to be emailed to leigh.kennedy@ladder.org.au