**Health All Round**

 **PERSON SPECIFICATION**

**Healthy Lifestyles Co-ordinator**



The successful applicant will be aware of the social implications of economic inequalities and share our commitment to building a fairer, more equal society in which all people have a chance to flourish and fulfil their personal potential.

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| **Criteria** | **Essential** | **Desirable** |
| **Qualifications & Training**Level of education, professional qualifications, training and learning programmes/courses.    | Health related qualification eg: Sport & Exercise Science; Physical Activity & Health; Health Psychology | Qualifications in any of the following: Community Development; Level 2, 3, 4 Gym qualifications; Motivational Interviewing; Behaviour Change |
| **Personal Qualities** | Approachable, positive attitude Able to work with people with a wide range of abilities, backgrounds and experienceCompassion and the ability to empathise and take a non-judgemental approach to people presenting for support. |  |
| **Experience** Length and type of experience, level at which experience gained.        | Experience of running physical activity/ healthy eating programmes. | Experience of working with people with long term conditions.Experience of supporting vulnerable people using a community development approach.Experience of working with volunteers. |
| **Knowledge** Depth and extent of knowledge.          | Be familiar with the concept of community development and demonstrate an understanding of the advantages of this approach for promoting health and wellbeing.Understanding of the impact of social and economic inequalities on health.Be familiar with the idea of working with volunteers and appreciate the value and potential of the voluntary sector in general. | An understanding of behaviour change theory and how this can be used / applied when working with participants.Some understanding of issues around the protection of vulnerable adults/ children (training will be provided). |
| **Skills/Abilities**Range and level of skills i.e., leadership etc.   | The ability to motivate and lead others.The ability to work independently but know when to involve line managers/ the wider team.ICT skills appropriate to this role | EvaluationDeveloping and monitoring risk assessments |
| **Specific Job Requirements** Environmental conditions, unsociable hours, car driver etc.  | The majority of your work will be within office hours and HAR is happy to accommodate family friendly working patterns and/or caring responsibilities. There may, occasionally be a need for evening/weekend work. We require a degree of flexibility in order to meet the needs of local people.You do not need to be a car driver for this post.   |   |