

Wellness Coach Online, USA

Details

Join a rapidly growing corporate wellness company who has the mission of improving the health and well-being of its clients and enhance their quality of life. Our coaching is directed toward the human aspect of wellness, emphasizing personal motivation to change behaviors. The wellness coach will help employees set goals, answer questions and provide guidance and on-going support through our proprietary coaching process.

We are actively seeking motivated individuals to grow our wellness coach team. Coaches provide participants with a unique combination of health education, nutrition consultation and physical activity to meet participants' near-term and long-term health goals. Our Wellness Coaches are responsible for developing a wellness coaching relationship with our clients and assisting the client through the process of actively working towards better health by providing support, encouragement, and education.

Responsibilities

- Contact participants that are eligible for the program for enrollment and provide necessary wellness coaching to reduce or eliminate high risk behaviors.
- Perform telephonic or email coaching to program participants.
- Assist participant in forming realistic goals related to overall health.
- Knowledge of and comply with all HIPAA and ADA laws with respect to protected health information and discrimination.
- Document participant activities and coaching/counseling sessions in established format in the Company prescribed software tools.
- Attend scheduled and periodic meetings, trainings, and other job-specific events as required.
- Encourage adoption of habits that are conducive to a higher quality of life.
- Identify readiness to change.
- Support operational aspects of the company to meet the company's customer requirements and satisfaction.

- Develop custom care plan for program participants including goals and plan of action
- Use company specific tracking tools to capture key metrics of the coaching process
- Assist with health education at biometric screenings as necessary.
- Performs other, varied job-related duties as assigned.

Knowledge and Skills

- Bachelor's degree or higher in health promotion, health education, nursing, athletic training, nutrition, exercise physiology, strength and conditioning, other health related field or counseling required.
- Certified as wellness coach by national and accredited professional wellness coach program such as WellCoaches, Cooper Institute, required.
- Two years experience as a wellness coach required.
- Knowledge of specific disease and lifestyle related topics such as smoking cessation, weight management, nutrition, stress reduction, physical activity.
- Proficient in Microsoft office and quick learner of software tools.
- Excellent and proven written and verbal communication skills.
- Utilize motivational interviewing techniques to elicit behavior change and reduce participant ambivalence.
- Maintain adequate records which allows for continuity to exist between multiple health education sessions.
- Ability to work independently at home
- Personable and approachable demeanor
- Ability to work afternoon, evening and Saturday hours if necessary.
- Telephonic coaching experience preferred.
- Bilingual a plus (Spanish)

The statements above describe the general requirements of the Wellness Coach job but are not intended as all inclusive listing of duties that may be required of the individual in this position from time to time.

Compensation is commensurate with experience and qualifications.

To apply, please send all cover letters, resumes, and references in a Word document to Resume@ultimatehealthmatters.com <<mailto:Resume@ultimatehealthmatters.com>> .

Please no phone calls.

Allow at least two weeks for processing.