



We're **hiring!**

Join our team



Health Coach

Role: Health Coach – 3 years Fixed Term Contract

Reporting to: Head of ToHealth

Location: Chelmsford (covering Chelmsford, Bury St Edmunds, Ipswich)

Role:

An exciting opportunity has arisen for the position of an enthusiastic Health Coach to lead and deliver the health and wellbeing provision for one of our key clients. You will be working on a dedicated contract with a multi-disciplinary team including an account manager, occupational health advisors and physiotherapists.

To Health currently delivers a range of services and assessments to both the private and public sector and consumers. Those assessments include supporting employee's/clients with disability (neurodiversity) in the workplace and independent students and individuals.

- ❖ Provide research/evaluation of the clients health and wellbeing / lifestyle assessment baseline data.
- ❖ Manage health awareness events
- ❖ Manage workplace champion/mental health first aider meetings, providing direction, support and training and knowledge in a range of wellbeing programs to supporting them in embedding behavior and lifestyle changes.
- ❖ Produce a catalogue of specific and relevant training programs/presentations/webinar for the Company's employees and managers team meetings.
- ❖ Deliver a rolling lifestyle assessment program company wide.
- ❖ Set up companywide health and wellbeing challenges.
- ❖ Conduct health coach six week program where the Company's employees have been identified with a high or medium health risk.
- ❖ Ensure that health coach access information in order to devise individual/group and the Company's targets/challenges.
- ❖ Be responsible for the Wellpoint Kiosks (when so required by the Company) including the set up on approved sites

This role is conditional on passing a DBS check.

About You:

- ❖ BSc or equivalent in Health Promotion, Sports Science, Workplace Wellbeing, Nutrition, Exercise Science, Psychology, Public Health
- ❖ Competent at delivering all aspects of health promotional activity.
- ❖ Highly organised and process driven individual, with knowledge of project management principles.
- ❖ Knowledge of evidence-based nutrition, exercise, physical activity, sleep health, stress management and resilience, smoking cessation principles and other areas relating to health improvement.
- ❖ Experience taking clinical measurements, interpreting results and developing meaningful action plans for individuals. Corporate and personal Health Screening experience is desirable. Phlebotomy is desirable.
- ❖ IT Literate, and effective communication skills.
- ❖ Valid driver's license and own car.
- ❖ Good organisation skills the ability to work to deadlines & prioritise.
- ❖ The ability and commitment to desire to be part of a team that seeks to provide the highest levels in a professional services business.
- ❖ Experience of working within or with an Occupational Health or Wellbeing Organisation.

Employee Benefits:

If you're looking for your next career move and are wanting to work with a rewarding company, please get in touch with our Recruitment department for a confidential chat about joining the PAM Team. Recruitment@pamgroup.co.uk

- ❖ We pay your auto-enrolment pension contribution of 8%, you can also make enhanced contributions which are matched up to 5%
- ❖ You will have a life insurance scheme valued at 4 x your annual salary
- ❖ 33 days annual leave including bank holidays
- ❖ Health Cash Plan Scheme, which covers you for things like Opticians, Dental Treatment and even Physio if needed!
- ❖ Flexible Working Hours
- ❖ Access to a 24/7 EAP Counselling line and a 24/7 GP line
- ❖ Amazing discounts on things like food and drink, retail and days out, all through our rewards scheme.
- ❖ Support with training and development

Our Values:

At PAM we are passionate about people and delivering our Everyday Things That Matter Values and Behaviours to our customers and our colleagues. Our cultural philosophy is based on putting our people first, creating high performing teams who deliver great services for our clients.

We're looking for driven and ambitious professionals to join our team, who are just as passionate about our philosophy and values as we are:

- Hard Work & Enthusiasm; we believe hard work should be rewarded, we go the extra mile to achieve our goals and support each other and enthusiasm and passion are part of our DNA.
- Teamwork & Friendship; our colleagues share a sense of belonging; we understand collaborative working means better decisions making and we support each other to achieve common goals.
- Loyalty & Improvement; we are dedicated to personal and professional development. Our PAM Academy mentors' colleagues and provides support to help you be the best you can through offering a wide range of CPD opportunities.

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