**Lifestyle Coach – YMCA Diabetes Prevention Program - YMCA Southcoast**

**POSITION SUMMARY:**

This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Provide support and guidance to participants in the YMCA's Diabetes Prevention Program and implement standard curriculum designed for the program.

**ESSENTIAL FUNCTIONS:**

* Deliver curriculum to class participants in effective, meaningful and compelling ways; Encourages group participation and interaction using open-ended questions; Facilitates commitment and retention of participants; Creates a motivating environment that is friendly and non-competitive.
* Foster relationships with and between participants.
* Prepare before each class (i.e., review participants' food and activity trackers, lesson plan, content for class, reminder call/email to participants).
* Provide accessibility to participants both before and after sessions to answer questions and follow-up on any questions you cannot answer during class time.
* Follow-up with participants outside of class if they are unable to attend (provide an in-person make-up session opportunity).
* Support and encourage goal setting on a weekly basis.
* Record weekly data for each participant (attendance, body weight, physical activity total weekly minutes, etc.). Enter data electronically within 48 hours of the class.
* Participate in all Lifestyle Coach team discussions (meetings, emails or conference calls). Offer ideas and tools for facilitation to the coach team and remain engaged with the team at all times.
* Participate in all trainings assigned by your supervisor; maintain all requisite certifications (e.g., CPR/AED, HIPAA, DPP Lifestyle Coach)
* Performs other duties as assigned.

Requirements:

**QUALIFICATIONS**

* A combination of education, experience and certifications requisite to meet industry standards
* Prefer bi-lingual (Spanish, Portuguese)
* Must have strong communication and relationship building skills, the ability to build community within a group, and have empathy for health seekers.
* Must be flexible to work with a wide variety of people; detail, data and computer savvy.
* Knowledge of basic health, nutrition, and fitness is encouraged.
* An understanding of behavior change required.
* Familiarity and proficiency with Listen First or motivational interviewing highly encouraged.
* Position is contingent upon a passing score for all YMCA Diabetes Prevention Program Prevent T2 Lifestyle Coach trainings.
* This position requires a commitment to the YMCA mission and its core values of honesty, respect, responsibility and caring as well as a commitment to building developmental assets in adults and youth. Additionally, the candidate should value diversity, youth, and have a broad vision of health and wellness that is enhanced by relationship building.

**YMCA COMPETENCIES (Leader):**

*Change Leadership:* Facilitates, co-creates, and implements equitable change for the good of the organization and/or community.

*Engaging Community:* Builds bridges with others in the community to ensure the Y's work is community-focused and welcoming of all, providing community benefit.

*Philanthropy:* Secures resources and support to advance the Y's work.

*Volunteerism:* Engages volunteers and promotes social responsibility at all levels of the organization.

*Collaboration:* Creates sustainable relationships within the Y and with other organizations in service to the community.

*Communication & Influence:* Listens and expresses self effectively and in a way that engages, inspires, and builds commitment to the Y's cause.

*Inclusion:* Values all people for their unique talents and takes an active role in promoting practices that support diversity, inclusion, and global work, as well as cultural competence.

*Critical Thinking & Decision Making:* Makes informed decisions based on logic, data, and sound judgement.

*Fiscal Management:* Manages the Y's resources responsibly and sustains the Y's nonprofit business model.

*Functional Expertise:* Executes superior technical skills for the role.

*Innovation:* Creates and implements new and relevant approaches and activities that improve and expand the Y's work and impact in the community.

*Program/Project Management:* Ensures program or project goals are met and intended impact occurs.

*Developing Self & Others:* Develops self and supports others (e.g.: staff, volunteers, members, program participants), both formally and informally, to achieve their highest potential.

*Emotional Maturity:* Demonstrates ability to understand and manage emotions effectively in all situations.