

## Wellbeing Coach Job Description



### Purpose of role

You will occupy a key role as part of the Sidewalk team; bringing youth work skills to the role of a wellbeing coach in the Scarborough/Whitby area, alongside a team of practitioners, to address the programs aims:

- 1. The improvement in emotional resilience and wellbeing of young people**
- 2. Increased involvement in meaningful activity by young people**
- 3. The successful connection of young people to a wider network of support**

The candidate will achieve this through delivering weekly 1:1 coaching sessions with young people (around 20 per full time equivalent).

### Position in organization

**Responsible to:** CEO  
**Accountable to:** Management committee

### Details

**Location:** Posts are available in Whitby with an office space , and flexible home working  
**Salary** £26,576 pro rata  
**Hours** 2 days a week  
**Start** November 2024  
**Contract** Until Dec 2025 with possible extension subject to funding

### Main responsibilities and duties

#### **Delivery**

- Deliver community based 1:1 support with young people aged 15 to 25 who have emotional wellbeing difficulties and mental ill health.
- To carry out detailed assessments and develop plans for support, as appropriate, including signposting to other services within and external to the service.
- To ensure effective feedback and evaluation systems are in place to ensure young people have an influence in project delivery.
- To ensure robust processes are followed in relation to assessment, outcomes monitoring, progression and signposting to ensure the best possible outcomes with young people.
- Implement program of emotional wellbeing support, setting appropriate goals for progression with the young people and their families and utilising appropriate routine outcome measures to demonstrate outcomes.
- To liaise with colleagues and a range of community groups to effectively plan for young people's progression into community and social activities at the end of therapeutic interventions and provide support to aide successful engagement.

- Use existing systems and where appropriate contribute to further developing systems to record outputs, outcomes, individual needs and records.
- Work collaboratively with all colleagues and partner agencies, including attending and reporting to relevant external meetings as directed, including safeguarding, child protection and others as required.
- Adhere to Sidewalk policies and procedures including but not limited to safeguarding, confidentiality, equal opportunities, GDPR, health and safety and risk management.

#### Other

- Work as part of the Sidewalk team to contribute to its strategic and organisational development including sharing experience and knowledge.
- Be committed to your own personal development partaking in development opportunities and undertaking training, supervision and appraisal as required.
- Undertake other duties and responsibilities as required from time to time commensurate with the post.

### Wellbeing Coach - Person specification

Person Specification: Wellbeing Coach	Essential	Desirable
<b>Qualifications and Training</b>		
<b>Youth work</b> – Level 3 or higher qualification in/relevant to youth & community work practice, coaching, or willingness to undertake training	X	
<b>MH</b> - Evidence of additional training in a range of emotional wellbeing and mental health approaches		X
<b>Safeguarding</b> - Knowledge, understanding and experience of Safeguarding principles and practice	X	
<b>Ongoing development</b> - Ability and willingness to undertake further training and development as required	X	
<b>Experience</b>		
<b>Youth work practice</b> - Recent/significant experience of work with young people 1:1 with mental ill health/emotional wellbeing issues	X	
<b>Goal setting</b> - Experience of assessing needs and developing plans with young people	X	
<b>Wider experience of sector</b> - Recent/significant experience in relevant profession e.g. Youth Work, CYP services, Mental Health	X	
<b>Outcomes</b> - Experience of working to an outcome framework		X
<b>Local services</b> - Experience with different agencies supporting children and young people		X
<b>local community</b> - Experience of working in community-based settings		X
<b>therapeutic experience</b> - Experience of delivering a range of therapeutic interventions	X	
<b>Knowledge, Skills and Abilities</b>		
<b>Context</b> – Understanding of contemporary context, hopes and challenges facing young people	X	
<b>Communication</b> - Excellent interpersonal and communications skills	X	

<b>Youth work</b> - Ability to build positive relationships with young people that lead to positive growth	X	
<b>IT</b> – Excellent IT skills including using Microsoft word and experience in using data base systems	X	
<b>Humanistic interpersonal skills</b> - Non-judgmental, active listening skills and values consistent with humanistic approaches in a youth work context	X	
<b>Organisation</b> - Good organisational skills and the ability to prioritise workloads in working with children, young people and their families	X	
<b>Collaboration</b> - Ability to work with partner organisations from the public, private and voluntary sectors	X	
<b>Safety</b> - Understanding of the risks involved in working with vulnerable children and young people	X	
<b>Boundaries</b> - Understanding of the need to work within appropriate professional boundaries	X	
<b>Casework</b> - Ability to carry a case load and work with minimum day to day supervision	X	
<b>Work related circumstance</b>		
<b>Flexible</b> - Willingness to work flexible hours including evening and weekend work	X	
<b>Vocation</b> - Demonstrate an understanding of professional boundaries and appropriate relationships within a local community context	X	
<b>Vehicle License</b> - Hold a vehicle licence or be prepared to achieve this within a defined time period and travel to a range of venues to meet the delivery needs of the service	X	
<b>Equal opportunities and Diversity</b>		
Commitment to pursue equal opportunity and non discriminatory practices.	X	
<b>Personal qualities</b>		
<b>Ethos</b> - Understanding of and commitment to Sidewalk's ethos, values and principles	X	
<b>Resilience</b> - ability to cope and adapt to the challenges of work in the field	X	
<b>Youth work principles</b> - Positive about young people and able to work in a non-judgmental way in keeping with youthwork values of participation, equity, youth power and informal learning	X	

Sidewalk Youth Project is committed to safeguarding and protecting the children and young people that we work with. As such, all posts are subject to a safer recruitment process, including reference and DBS checks

If you require any further information, get in touch with Steve Blower, the chief executive officer, via email [admin@sidewalk-scarborough.com](mailto:admin@sidewalk-scarborough.com)