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# Health & Wellbeing Coach

## 1:1 Digital Delivery

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**Location:** Home based, UK

**Employment Type:** Part-time 20 hrs per week

**Salary Band:** £23,500 - £30,000 pro rata



### About us

Momenta Newcastle is the delivery arm of Discover Momenta, initially set up to support people with Type 2 diabetes to lose weight and, where possible, achieve remission. We have been commissioned by NHS England as one of only five organisations on a national Framework to deliver their Type 2 Diabetes Path to Remission programme (T2DR), formerly the NHS Low Calorie Diet, having delivered it since pilot in 2020. We have now been selected to deliver T2DR in Bath, North East Somerset, Swindon & Wiltshire, Birmingham & Solihull, Greater Manchester, Leicester, Leicestershire & Rutland, North East & North Cumbria, Somerset and South Yorkshire. We deliver other Momenta programmes, including Weight Management and Cardiovascular disease (CVD) Prevention, programmes.

Discover Momenta, set up in 2013, is a leading developer of evidence-based, outcome driven, healthy lifestyle solutions. These condition-specific services help people negotiate the many day to day challenges they face in living healthier lives, with a focus on weight management. Our senior team have worked together for almost 20 years and our passion is to support and empower as many people as possible with our cutting-edge programmes – safely and affordably. Our world-class behavioural interventions are delivered UK-wide in the heart of local communities by many different partners, as well as Momenta Newcastle. Our programmes' excellent health outcomes were recognised by being highly commended at the Diabetes Quality in Care Awards 2020.

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### About the opportunity

We are now recruiting enthusiastic and suitably qualified Health and Wellbeing Coaches to deliver our NHS Type 2 Diabetes Pathway to Remission programme on a one-to-one, digital mobile app setting to participants referred to us by their GP practices. Most delivery will be via video/phone call and via in-app text.

Successful candidates will receive our highly-regarded comprehensive training, covering the underpinning theory as well as the skills and techniques required to deliver the programme. You will also receive detailed training in all relevant operational and organisational policies, processes and systems.

### Key responsibilities

- Deliver our one-to-one remission programme digitally in a professional, engaging, timely and motivational way, in keeping with our training, programme, resources, quality standards and ethos.
- Coaches are expected to deliver all sessions for a participant over the 12-month programme providing continuity for all involved.
- Adapt your delivery to best support the engagement and outcomes of all participants - from their first to last sessions - giving them the best chance of succeeding in their remission journeys over the long term
- Record all relevant clinical, process and other monitoring information accurately and in a timely manner on our system and follow up appropriately internally and externally if data is missing or thresholds are breached
- Assist your Manager and Adviser colleagues to plan your programme delivery
- Liaise with others as appropriate, including your colleagues (e.g. Medical Director, Manager, Advisers and other Coaches) and attend virtual monthly team meetings
- Benefit from our quality assurance processes and access to our team of specialists

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### Essential criteria for success

- Passionate about helping participants improve their health and wellbeing
- Experience of delivering programmes on a one-to-one basis, ideally digitally or virtually via video/phone call
- Confident, engaging and empathetic communication style with excellent coaching skills (as distinct from instructing)
- Well organised and strong team player, self-motivated and punctual
- Flexibility with working hours (able to deliver evening/weekends)
- Willing and able to undertake initial training and ongoing CPD
- Proficient in Microsoft suite and comfortable being trained on new systems
- Willing and able to deliver a structured, evidence-based programme as designed, setting personal beliefs aside if necessary
- Desirable: Nutrition and / or dietetics qualification.

### Remuneration

Salary band for this role is £23,500 - £30,000 pro rata and is dependent on your experience.

### To apply

Simply complete our application form, you can find it [here](#).

**Notes:** Successful candidates will be required to complete an enhanced DBS check.

You can find out more about us here, and our parent company Discover Momenta [here](#).