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# Health & Wellbeing Coach

## In Person | 1:1 Delivery

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**Location:** Mid & South Essex

**Employment Type:** Part-time sessional delivery

**Remuneration:** £150 per day sessional rate + mileage and training allowance



## 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 were commissioned by NHS England to deliver their Type 2 Diabetes Path to Remission programme (T2DR), formerly the NHS Low Calorie Diet (LCD) both 1:1 in-person and digitally via our app. We currently deliver T2DR in Birmingham and Solihull, North East & North Cumbria, Somerset, Greater Manchester, South Yorkshire, Leicester, Leicestershire and Rutland, Bath North East Somerset, Swindon & Wiltshire and have recently won an additional three areas: Bristol, North Somerset, South Gloucestershire, Mid & South Essex and Nottingham and Nottinghamshire.

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 (1:1), in-person setting to participants referred to us by their GP practices. Most delivery will be in appropriate health and community settings. You must be based in or able to travel throughout the region.

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. We will pay you an attractive sessional rate to cover preparation, delivery, admin and other work associated with our programme.

### Key responsibilities

- Deliver our one-to-one remission programme in-person 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 in person on a one-to-one basis
- Confident, engaging and empathetic communication style with excellent coaching skills (as distinct from instructing)
- Well organised and strong team player, self-motivated and punctual
- Willing to travel to community venues (mileage paid)
- 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

£150 per day (8 hours) and £80 per half day (4 hours) sessional rate for all our coaches – including prep and admin. Additional remuneration includes: Mileage (for >10 miles per day) and payments for training, team meetings and quality assurance. Days are scheduled as clinics where you will see a number of participants one after the other (typically 2-4 hours per clinic). Set-up / take-down time varies per venue, averaging 10 mins before and after. Coaches are typically self-employed.

### To apply

Email your CV and completed application form to [people@momentanewcastle.com](mailto:people@momentanewcastle.com)  
You can find the application form [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](#).