

## PRN Lifestyle Coach

### Position information

**Title:** PRN Lifestyle Coach

**Facility:** Fidelity Health Care

**Job Reports to:** Lifestyle Coach Supervisor

### Premier Health Mission, Vision, and Values

#### **The Premier Health Mission**

We will build healthier communities with others who share our commitment to provide high-quality, cost-competitive health care services.

#### **The Premier Health Vision**

Patients, physicians, and employees will choose Premier Health over any other health care provider in Southwestern Ohio. We will earn their choice, and grow our market leadership by anticipating their needs and exceeding their expectations.

- Patients and their families will choose us for our quality outcomes and compassionate care at a competitive price.
- Physicians will choose us as collaborative partners for our easy, efficient practice environment and with a shared passion for high-quality medical outcomes.
- Our employees will choose us as a great place to work, learn and build a career.

#### **The Premier Health Values**

- RESPECT each person's dignity.
- Act with INTEGRITY to do the right thing in all aspects of our responsibilities.
- Serve with COMPASSION that embraces each individual's concerns and hopes.
- Commit to EXCELLENCE as measured to the highest level of performance.

### Position Summary

#### General Summary/Responsibilities:

The PRN Lifestyle Coach position within Premier Community Health (PCH) involves working with PCH's team to further the organization's mission. The PRN Lifestyle Coach should have a working knowledge of the various wellness educational components that integrate and heighten physical, nutritional, emotional, and social health. Educational components may include, but are not limited to, nutrition, physical activity, stress management, sleep, and goal setting. The tasks involved require excellent interpersonal and communication skills, and a highly proficient level of social engagement abilities. Daily use of computer programs is essential for this role, so proficiency with computer skills is a necessity. Benefits are not offered with this position and hours are variable (as needed basis).

### Scope/Span of Control: N/A

#### Supervisory Responsibilities (if applicable)

**Supervises FTEs:** No

**Number of FTEs Supervised:** N/A

**Exercises full management authority including performance reviews, discipline, termination and personnel hiring** No

**Fiscal Responsibilities (if applicable)**

**Annual Revenue in Dollars:** N/A

**Annual Expense in Dollars:** N/A

**Financial Accountability:** N/A

**Population Served**

**Age of Population Served** - Choose all that apply

- Infant (birth – less than 1 year)
- Pediatric/Adolescent (1 – less than 18 years)
- Adult (18 – 64 years)
- Geriatric (65 years & older)
- All Age Groups (Birth & Above)
- Not Applicable

**Qualifications**

**Education**

**Minimum Level of Education Required:** Associate degree

**Additional requirements:**

- **Type of degree:** Associate degree
- **Area of study or major:** Public Health, Community Health, Health Promotion, Exercise Physiology, Nursing or Nutrition and Dietetics, Counseling or other related fields
- **Preferred educational qualifications:** N/A
- **Position specific testing requirement:** N/A

**Licensure/Certification/Registration**

Health Education, Workplace Wellness, Community Health Work, Healthcare Navigation, Tobacco Cessation

**Experience**

**Minimum Level of Experience Required:** 1 - 3 years of job-related experience

**Prior job title or occupational experience:** Health education or counseling; wellness program development and community relations.

**Prior specific functional responsibilities:** N/A

**Preferred experience:** N/A

**Other experience requirements:** Must be proficient in Microsoft Office Suite – Excel, Word, PowerPoint, Access.

### **Knowledge/Skills**

- Knowledge of educational principles of adult learning theory, group dynamics, behavior change concepts, transtheoretical model, empowerment models, motivational interviewing techniques, learning styles and teaching strategies.
- Ability to search for and find scientific, evidence-based information that is relevant to the subject.
- Ability to design and develop well-being challenges and programs when needed.
- Strong oral and written communication required, including large and small group presentations, group facilitation and training.
- Ability to influence others and work collaboratively with key care members to achieve positive results.
- Able to work independently and self-directed in a professional environment.
- Work occasional nights and weekends, as needed.
- Valid driver's license and reliable source of transportation.

### **Physical Requirements & Working Conditions**

#### **Physical Requirements:**

Pulling	2 - Occasionally (11% - 40%)	Standing	3 - Frequently (41% - 75%)	Other sounds	1 - Rarely (0% - 10%)
Twisting	2 - Occasionally (11% - 40%)	Reaching	2 - Occasionally (11% - 40%)	Visual Acuity Near	3 - Frequently (41% - 75%)
Walking	3 - Frequently (41% - 75%)	Manual Dexterity	3 - Frequently (41% - 75%)	Visual Acuity Far	2 - Occasionally (11% - 40%)
Sitting	2 - Occasionally (11% - 40%)	Use both hands	3 - Frequently (41% - 75%)	Vision Color	2 - Occasionally (11% - 40%)
Pushing	2 - Occasionally (11% - 40%)	Talking	3 - Frequently (41% - 75%)	Concentrating	3 - Frequently (41% - 75%)
Climbing	2 - Occasionally (11% - 40%)	Lifting <10 pounds	2 - Occasionally (11% - 40%)	Interpersonal Skills	4 - Consistently (76% - 100%)
Stooping	2 - Occasionally (11% - 40%)	Lifting >10 pounds	2 - Occasionally (11% - 40%)	Reading	4 - Consistently (76% - 100%)
Kneeling	2 - Occasionally (11% - 40%)	Normal hearing both ears	3 - Frequently (41% - 75%)	Thinking	4 - Consistently (76% - 100%)

#### **Working Conditions:**

1. General office environment.
2. Climate controlled environment.

## Essential Duties & Functions

### **Essential Duties & Functions:**

1. Providing face-to-face, telephonic and/or internet-based coaching services to clients across the wellness continuum;
2. Providing coaching services with competence in a variety of coaching techniques and/or models that matches the client's stage of readiness to change;
3. Assessing client's needs, determining potential for negative outcome and adjust coaching accordingly;
4. Develops and conducts scientific, evidence-based health education/promotion presentations and/or well-being challenges and programs on wellness-related topics.

### **Other Duties & Functions: As assigned**

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