



## YMCA'S DIABETES PREVENTION PROGRAM LIFESTYLE COACH

The YMCA of South Palm Beach County is a non-profit charitable organization for youth development, healthy living and social responsibility. Join a powerful association with a focus on nurturing the potential of every child and teen, improving the nation's health and well-being and providing opportunities to give back and support our neighbors.

### **Position Summary:**

The YMCA of South Palm Beach County is seeking to hire Lifestyle Coaches for its Diabetes Prevention Program. Lifestyle Coaches are trained facilitators who deliver the YMCA's Diabetes Prevention Program throughout Palm Beach County.

The YMCA's Diabetes Prevention Program is an evidence-based program developed to reduce the risk of diabetes in individuals with pre-diabetes or at high risk for developing type 2 diabetes. The program is group-based and delivered over 12 months. It consists of 16 weekly sessions, then 4 biweekly sessions followed by 5 monthly sessions. Each one-hour session is facilitated by a trained Lifestyle Coach. The sessions cover healthy eating, physical activity and behavior modification to help participants achieve a 7% weight loss and an increase of physical activity to 150 minutes per week.

### **Job Requirements:**

- Strong communicators with excellent facilitation skills in order to guide behavior change;
- Supportive and empathic of their participants and the group's needs;
- Passionate and interested in preventing diabetes and understanding of behavior change;
- Comfortable facilitating diverse groups of adults;
- Flexible to work with a wide variety of people in different types of community settings;
- Able to build strong relationships with individuals, and build community within a group;
- Able to work on a computer to record participant and program data;
- Flexible schedule to accommodate the class times which range from daytime, evening to weekend. Only persons with flexible schedules will be considered;
- Willing to travel within Palm Beach County to deliver the program where it is needed;
- Willingness to teach multiple classes;
- Minimum 1 year commitment required;
- Reliable transportation is required

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### **Training Provided:**

The Lifestyle Coach training includes several components including 2-3 hours of e-Learning before a day and half classroom training. Classroom training is mandatory and will be held Thursday, May 11<sup>th</sup> and Friday, May 12<sup>th</sup> at the Boca Raton YMCA. Post-classroom training includes an additional 5-10 hours of e-Learning including HIPAA Privacy and Security, training in our tracking database, and required risk management training for all YMCA employees.

### **Hiring is contingent upon:**

- **Completing the e-Learning components of the Lifestyle Coach training in a timely manner;**
- **Attending and passing the in-person Lifestyle Coach Training**

### **Pay for Lifestyle Coaches:**

- Lifestyle Coach pay is \$12.50/hour for each hour of prep work and actual classroom teaching (2-4 hours/week per class).

If you are interested in becoming a Lifestyle Coach for the YMCA's Diabetes Prevention Program, please submit resume and cover letter to Robin Nierman at [rnierman@ymcaspbc.org](mailto:rnierman@ymcaspbc.org).