



HEALTH BASICS COACH

Position Summary

The role of the Health Basics Coach is to coach patients on action plans for healthy living in a group setting. The coach will facilitate lifestyle management to improve the health and self efficiency of patients. The Health Basics Coach will also participate in one or more focuses of the Health Basics framework including workplace wellness, patient programming and community development.

Key Responsibilities

- Assist patients to assess their measurements, present activity habits, and readiness for change.
- Incorporates the following principles into all programming:
 - Help participants develop support networks
 - Involve or consider the family where possible
 - Provide positive messaging
 - Empower people – perceived self-competency improves activity.
 - Promote personal responsibility for health.
 - Follow-up
 - Monitored patient goals
 - Incorporates life balance
 - A healthy lifestyle involves body, mind and spirit
 - Build capacity and sustainability
 - Consider Social Determinants of Health
 - Monitor program outcomes for evaluation, learning and continuous improvement
- Delivers lifestyle management programs that help patients make self managed lifestyle changes to improve health.
- Delivers education through the use of effective and safe coaching techniques as identified by professional standards. Includes but not limited to stages of change, motivational interviewing, single concept learning and self management principles.
- Manages assigned patient groups, and maintains security, confidentiality, and integrity of database including all participant data.
- Participates in special projects including but not limited to committees, events, studies and professional development activities.
- Performs other related duties as assigned.

Workplace:

- Develops and coordinates vitality wellness programs in conjunction with physician clinics, including development and/or distribution of communications and promotional materials and measurement of participation.
- Conducts training for PCN Staff, physicians and physicians clinic staff on health promotion and wellness.

Patient:

- Works in collaboration with the family physician, and team to support healthy lifestyle change for patients.
- Completes appropriate documentation and ensure the transfer of patient information between care settings / community-based services as required.
- Supports enhanced coordination of care for patients.
- Provides telephone and / or online motivational support to participants.

Community:

- Maintains knowledge of community programs and refers members, when deemed feasible and appropriate, to other established programs.
- Develops and communicates program objectives.
- Provides mentorship to community physical activity development.

Supervision

Received: Direct: Reports to the Executive Director

Indirect: Operations Manager

Qualifications**Education:**

- Minimum of Bachelor's degree in nutrition, health promotion, health education, nursing, kinesiology, or other health related field.

Experience:

- Knowledge of specific disease and lifestyle related topics such as heart disease, weight management, nutrition, and stress reduction.
- Experience in the area of health promotion and fitness.
- Proficient knowledge of Microsoft office.

Skills:

- Ability to empathize, motivate, and encourage people towards healthy changes, regardless of culture, religion, economic background.
- Excellent organizational, interpersonal, written and verbal communication skills.
- Ability to present to groups in a dynamic, interactive and interesting manner

Additional Abilities:

- Maintain professional growth and development through reading, seminars, workshops and professional time.
- Work cross-functionally and collaboratively with other PCN providers, staff and management to achieve program goals.
- Ability to work some evening and weekends shifts.
- Acts as a healthy living role model.

Personal Attributes:

- treats everyone with respect and dignity
- works collaboratively with patients, the health care team and the management team
- committed to excellence and innovation
- ability to adapt and develop new skills and applied practice
- ability to work independently
- values relationships
- ability to work effectively in a highly complex, unstructured, and dynamic environment
- demonstrates problem-solving skills and initiative
- flexibility
- team player
- committed to theory based program development