



# Example of Wellness Coach Job Description

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Our innovative and growing company is searching for experienced candidates for the position of wellness coach. To join our growing team, please review the list of responsibilities and qualifications.

## Responsibilities for wellness coach

- Meet one-on-one with employees to create exercise and/or nutrition plans
  - Participation in and partner with wellness cabinet activities
  - Assists the Wellness Supervisor in the hiring and training of all Wellness staff
  - Assists the Wellness Supervisor with general administration and oversight of the wellness department
  - Works with the Wellness Supervisor to develop leadership skills and readiness to take on direct reports
  - Partners with leadership and Health Promotion Specialists to link strategies and provide high quality health and wellness services which improve health and productivity while controlling health and operational costs
  - Correlates data and program finding to overall success of health and wellness initiatives
  - Delivers total population health risk management programs/services, while using corporate culture change strategies defined through employer health promotion standards/best practices
  - Provide services and programs specific to QuadMed's strategic goals, employee health risks and interests, and collaborates with internal and external resources to provide a comprehensive plan of care with appropriately defined interventions
  - Delivers programs including health awareness, educational campaigns, behavior change programs, health assessments/screenings and more, and may assist in the planning and promotion of these programs
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- Possess considerable knowledge of speed, agility and quickness training
- Ice Hockey playing experience at the collegiate level
- Comprehensive communication skills, particularly listening, reflection, affirmation and brainstorming
- Ability to teach and coach members with various health and disease processes and associated co-morbidities
- Skilled in motivational interviewing techniques that support goals driven by motivation, importance, and member's readiness to change
- Excellent organization and innovative problem solving skills