



Lakeshore Foundation is a non-profit 501c3 organization. Our mission is to encourage and provide opportunities for people with disability to live a healthy lifestyle through activity, research, advocacy and health promotion.

New Job Posting: Part Time Health Coach

Lakeshore Foundation is currently seeking a Health Coach to work with our chronic condition and management programs. Individuals will provide health coaching to people with disabilities utilizing participant – centered coaching methodologies and/or theories to improve healthy lifestyle behaviors, long term health outcomes, quality of life, community interaction, and independent living. The individual will have the ability to counsel participants on a variety of health topics including, but not limited to exercise, nutrition, healthy lifestyles, stress management, diabetes management, blood pressure, cholesterol and other chronic or secondary conditions. Hours will vary based on participant's schedules and the amount of participants enrolled in programs with health coaching at a time.

Primary Responsibilities

- Facilitate personalized health coaching sessions virtually to assess health and wellness needs.
- Provide health coaching based on participant's completed health risk appraisal and stages of change.
- Coach participants about behaviors, such as lifestyle changes, that can improve their health.
- Work with participants to set SMART goals and define a health and wellness plan that meets their needs and abilities.
- Serve as an ongoing resource and connector for participants as related to their individual health and wellness plan.
- Provide motivation, guidance, support, and encouragement.
- Follow health coaching protocol as directed and scripted for research studies that Lakeshore is affiliated with.

Qualifications

- Bachelor's degree in a related field (Exercise Science, Kinesiology, Health Promotion, Nutrition, Psychology, Social Work, etc.) and two (2) years of related experience required.
- Accredited Certification in Fitness, Health Coaching, Health Education, Wellness, or similar.
- Willingness to obtain the ACE Health Coach Certification upon hire.
- Training and knowledge in motivational interviewing, health behavior change, fitness, health promotion, healthy eating, and general healthy living practices.
- Working knowledge of disability education, a plus.
- Excellent interpersonal and verbal communications skills.

- Must be energetic, enthusiastic and have a strong desire to work with people and demonstrate a commitment to working in a team environment.
- Computer proficiency with training provided on specific websites and platforms used for research protocols.
- Lived experience of disability prioritized.
- Willingness to be flexible with schedules and working with participants.

Please forward resume and letter of interest by October 6, 2023 to Debbie Smith, debbies@lakeshore.org. EOE