

# Position Description

details

## Lifestyle Coach



Recognized programs must use a lifestyle coach to deliver the program to participants. The position description below identifies the responsibilities, eligibility criteria, skills, knowledge, and qualities of such coaches. A lifestyle coach will provide support and guidance to participants in the lifestyle program and implement standard curriculum designed for the lifestyle program.

### ***Responsibilities may include:***

- Providing curriculum to class participants in effective, meaningful, and compelling ways
- Encouraging group participation and interaction through the use of open-ended questions and facilitating commitment to activities and retention of knowledge of participants
- Creating a motivating environment that is friendly and noncompetitive
- Fostering relationships with and between participants
- Making learning a shared objective for the group
- Preparing before each class (i.e., reviewing participants' food and activity trackers, lesson plan, content for class, and making a reminder call to participants)
- Making self accessible to participants both before and after sessions to answer questions and follow up on any questions not addressed during class time
- Following up with participants outside of class if they are unable to attend (offering a makeup session opportunity)
- Supporting and encouraging goal setting on a weekly basis
- Recording session data for each participant (attendance, body weight, total weekly minutes of physical activity, etc.)
- Arriving for class on time and dressed appropriately
- Complying with all applicable laws and regulations, including those governing privacy and data security

## ***Eligibility***

People who have been trained to deliver the required curriculum content and possess the skills, knowledge, and qualities listed below are eligible to be lifestyle coaches. Lifestyle coaches may have credentials (e.g., RD, RN), but credentials are not required.

## ***Skills, knowledge and qualities***

### **After receiving program training, lifestyle coaches should be proficient in the following areas:**

- Organizing program materials and delivering the program with adherence to a CDC-approved curriculum
- Facilitating groups to optimize social interaction, shared learning, and group cohesion
- Understanding and overseeing participant safety-related issues with respect to program delivery

### **In addition, lifestyle coaches should demonstrate the following skills, knowledge and qualities:**

- Ability to guide behavior change efforts in others without prescribing personal actions or solutions, so that participants increase their self-confidence and capacity to make and sustain positive lifestyle changes
- Ability to communicate empathy for participants, who will likely experience difficulty and frustration at times when trying to adopt and sustain healthy lifestyle behavior changes and who may be unlike the lifestyle coach in terms of weight status and level of commitment to living a healthy lifestyle
- Ability to build strong relationships with individuals and build community within a group.
- Knowledge of basic health, nutrition, and fitness principles
- Knowledge of the principles of behavior change, including motivational interviewing techniques
- Commitment to the mission of the organization that is offering the program
- Flexibility to work with people from all walks of life
- Strong interpersonal and communication skills
- Attention to detail and data collection