

**Wellness Coach
Wellness and Recreation
NC State University**

The mission of Wellness and Recreation is to inspire a culture of wellness by providing premier, innovative and inclusive programs, services and facilities that promote healthy, active lifestyles to enhance student success.

Wellness and Recreation commits to foster a learning environment for our student employees that cultivate the skills of ethical reasoning, critical thinking, teamwork, initiative and professionalism. Programs and facilities are student run with professional coaching. The goal is to help develop student's transferable skills and create a supportive and challenging environment for them to succeed in and out of the classroom.

Wellness and Recreation is seeking passionate students to assist in promoting health and well-being through interactive educational sessions, programs, events and wellness coaching for the NC State campus community.

Responsibilities

- Develop and deliver educational presentations related to health and wellness
- Facilitate individual health coaching sessions
- Reach out to student groups on campus to market program and offer educational sessions
- Conduct basic health and fitness assessments, and properly communicate results to participants
- Administer fitness and wellness orientations to new or inexperienced users
- Collaborate with marketing staff to create print educational materials on topics relevant to college student well-being (e.g., handouts, brochures, posters)
- Promote fitness and wellness programs during on-campus special events
- Attend required trainings
- Develop professional relationships with co-workers, participants and guests
- Uphold and exceed the expectations of Wellness and Recreation: ethical reasoning, critical thinking, teamwork, initiative and professionalism
- Assist as needed in all required departmental functions
- Other duties as assigned

Department Required Skills

- Effective interpersonal communication skills and presentation skills
- Commitment to customer service
- Demonstrate integrity, ethics and commitment to diversity and inclusion
- Maintain clean, appropriate and professional attire
- Commitment to promoting healthy, active lifestyles

Qualifications & Certifications

- Current full-time NC State student
- First Aid and Adult CPR/AED certifications should be current or obtained before position commencement
- ACE Health Coach certification

AA/EOE

NC State University is an equal opportunity and affirmative action employer. All qualified applicants will receive consideration for employment without regard to race, color, national origin, religion, sex, gender identity, age, sexual orientation, genetic information, status as an individual with a disability, or status a protected veteran.

Individuals with disabilities requiring disability-related accommodations in the application and interview process, please call 919.515.3148.

Final candidates are subject to criminal and sex offender background checks. Some vacancies also require credit or motor vehicle checks. NC State University participates in E-Verify. Federal Law requires all employers to verify the identity and employment eligibility of all persons hired to work in the United States.

For More Information

- Wellness and Recreation Website, wellrec.ncsu.edu

Reports to the Coordinator, Wellness Outreach