

**Health & Wellness Expert (Associate)**

**Overview**

Role: SpLD Assessors on an associate basis
Based: Remote with occasional travel in local area
Reporting To: Director of Psychology

**About Us**

**Job Title: Health & Wellness Expert (Self-employed)
Location: Homebased with travel around London, Midlands/Birmingham, North West/Manchester**

**Pay rate: £150 for half day and £220 for full day**

**Role:**

An exciting opportunity has arisen for the position of an enthusiastic cohort of 10 x Health & Wellness Expert Associates to support the Corporate Health Team with the delivery of onsite educational workshops and/or health screening assessments. This role takes place on weekdays (Mon-Fri) between the hours of 0900-1730. Hours are flexible and on an ad-hoc basis.

* Delivery of health screening including but not limited to height, weight, waist circumference, blood pressure, blood analysis (finger prick and phlebotomy), urine analysis, lung function, osteoporosis risk and coaching.
* Delivery of workshops and training relating to health and wellbeing.
* Understanding and application of underlying principles of behavior change and motivational interviewing, including coaching individuals to improvements in health behaviors.
* Working autonomously and remotely
* Effective time management, prioritising, communication and project management skills

**About You:**

* BSc or equivalent in Health Promotion, Sports Science, Workplace Wellbeing, Nutrition, Exercise Science, Psychology, Public Health
* Experience taking clinical measurements, interpreting results and developing meaningful action plans for individuals. Corporate and personal Health Screening experience is desirable. Phlebotomy is desirable.
* Knowledge of evidence-based nutrition, exercise, physical activity, sleep health, stress management and resilience, smoking cessation principles and other areas relating to health improvement.
* IT Literate.
* Valid driver’s license and own car.
* Effective communications skills.
* Good organisation skills the ability to work to deadlines & prioritise.
* Experience of working within or with an Occupational Health or Wellbeing Organisation.

**Our Values:**

At PAM we are passionate about people and delivering our Everyday Things That Matter Values and Behaviours to our customers and our colleagues. Our cultural philosophy is based on putting our people first, creating high performing teams who deliver great services for our clients.
We’re looking for driven and ambitious professionals to join our team, who are just as passionate about our philosophy and values as we are:

* Hard Work & Enthusiasm; we believe hard work should be rewarded, we go the extra mile to achieve our goas and support each other and enthusiasm and passion are part of our DNA.
* Teamwork & Friendship; our colleagues share a sense of belonging; we understand collaborative working means better decisions making and we support each other to achieve common goals.
* Loyalty & Improvement; we are dedicated to personal and professional development. Our PAM Academy mentors’ colleagues and provides support to help you be the best you can through offering a wide range of CPD opportunities.

**Apply Today by sending your CV using the apply button!**

**Alternatively if you would like a confidential and informal discussion regarding the vacancy please email** **jo.simpson@pamgroup.co.uk**