



PROFILE

We are looking to enrol a team of Community Health Coaches (CHC) to join the Association of Health Reformers CIC and support us in our community activities.

In general, community health coaches are expected to combine practical, real-world experience with a deep understanding of health and wellness principles, along with the ability to engage with and inspire the communities they serve.

Please get in touch with us for an application pack.

CONTACT

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ROLE DESCRIPTION

Community Health Coach (CHC)

OVERVIEW

Our Community Health Coach (CHC) is one who helps individuals make lasting changes to improve their overall well-being. They provide guidance, support, and motivation to help people achieve their health and wellness goals, such as improving nutrition, increasing physical activity, managing stress, or adopting healthier habits.

Health coaches typically work with clients to:

1. **Set Personalized Goals:** Tailor a plan based on the client's specific health needs, challenges, and aspirations.
2. **Provide Education:** Educate clients on healthy practices related to diet, exercise, sleep, and mental well-being.
3. **Offer Accountability and Support:** Regular check-ins to track progress, overcome obstacles, and celebrate achievements.
4. **Motivate and Inspire:** Encourage clients to stay committed to their health journey, helping them stay positive even when facing challenges.

Health coaches may come from a variety of backgrounds, including nutrition, fitness, psychology, or medicine. They are not medical doctors but can work alongside other healthcare providers to support an individual's health goals.

SKILLS

A community health coach plays a crucial role in helping individuals within a community improve their health and well-being. They focus on fostering healthy behaviours and providing resources and support. To be effective in this role, community health coaches should possess a diverse set of skills, which include:

1. Communication Skills

- **Active Listening:** Listening carefully to understand clients' concerns and needs without judgment.
- **Clear Communication:** Conveying information in an understandable way, both in writing and orally.
- **Empathy:** Showing understanding and compassion for the challenges people face, which helps build trust and rapport.

2. Cultural Competence

- **Respect for Diversity:** Understanding and respecting the cultural, social, and economic factors that influence health behaviours in different communities.
- **Adaptability:** Tailoring health programs and advice to suit the specific needs of various cultural groups within the community.

3. Behaviour Change Techniques

- **Motivational Interviewing:** A client-centred technique to help individuals explore and resolve ambivalence about making lifestyle changes.
- **Goal Setting:** Helping clients set realistic and achievable goals that motivate them to take action.
- **Self-Efficacy Building:** Encouraging individuals to believe in their ability to make positive changes.

4. Health Education

- **Knowledge of Health Topics:** Understanding a wide range of health topics such as nutrition, exercise, mental health, chronic disease prevention, and substance abuse.
- **Public Health Awareness:** Being able to inform and educate the community about local health issues, prevention strategies, and available resources.

5. Problem-Solving Skills

- **Resource Identification:** Helping clients navigate and access community resources, such as health services, support groups, or social services.
- **Overcoming Barriers:** Identifying challenges and obstacles to health (such as financial or logistical barriers) and brainstorming solutions with clients.

6. Coaching and Mentoring Skills

- **Support and Encouragement:** Offering continuous encouragement to maintain motivation and stay on track with health goals.
- **Accountability:** Holding clients accountable for the actions they commit to and helping them stay focused on long-term success.
- **Non-judgmental Attitude:** Providing support without making clients feel judged, ensuring they feel comfortable sharing their challenges.

7. Community Engagement

- **Building Relationships:** Creating strong partnerships with local organizations, healthcare providers, and community leaders to support health initiatives.
- **Community Mobilization:** Engaging community members in health-related programs and encouraging collective action for better health outcomes.
- **Advocacy:** Working to improve policies and access to resources that support community health.

8. Time Management and Organization

- **Managing Multiple Clients:** Juggling the needs of several individuals or groups within a community while ensuring each receives proper attention.
- **Program Planning:** Designing and implementing health programs or workshops in an organized, efficient manner.

9. Data Collection and Evaluation

- **Monitoring Progress:** Tracking client progress and evaluating the effectiveness of health programs.
- **Feedback Integration:** Using feedback to improve coaching practices and tailor programs to better meet the needs of the community.

10. Collaboration with Healthcare Professionals

- **Interdisciplinary Work:** Collaborating with doctors, social workers, nutritionists, and mental health professionals to ensure a holistic approach to health.
- **Referrals:** Identifying when clients need professional medical care and providing appropriate referrals.

These skills enable community health coaches to engage with individuals and groups in a meaningful way, helping them overcome health challenges and make lasting improvements in their well-being.

EXPERIENCE

Ideally, you will have trained as a Medical Missionary and/or have proven experience of working with people who have lifestyle health challenges within the community.

You might also be someone who is already working in the health field and are looking to use your skills from a voluntary perspective to assist members of the community.