

## Community Wellbeing Coach Traineeship Programme

Delivered in partnership between Creative Sport & Leisure Ltd and Achieve, Thrive, Flourish (ATF)



### Overview

This 12 week traineeship programme is for anyone aged 16-24 wanting to pursue a career in the sport and leisure industry. If you're enthusiastic about coaching within the sport and leisure industry, then this traineeship will give you the kickstart to a career. As a Trainee Community Coach, you will assist the ATF experienced team by helping support sports, activities and games with children, young families, young people and adults in the community venues across disadvantaged areas of South Essex. On the programme you will develop your coaching skills, gain valuable work experience, improve your employability, maths and English skills.

### What qualifications will I study?

As part of the programme you will complete the following qualifications:

- Level 2 Certificate in Coaching Sport & Physical Activity
- Award in the Principles of Leading an Active, Healthy Life (EL3)
- Functional Skills in both English & Maths
- Employability Skills

### What will a typical week involve?

Your week will be made up of two days of learning at ATF, where you will spend one day working towards your coaching qualification and then move onto your Award in the Principles of Leading an Active, Healthy Life. The second day will be spent improving your employability skills and working towards a maths and English qualification.

You will also complete 3 days of work experience with ATF, these duties will include:

- Gain experience working with diverse community members
- Learn how to organise and facilitate community, sports and activity sessions and events
- Gain understanding of safeguarding in a community setting
- Experience of working with participants with additional needs such as autism and ADHD

- Experience how to improve community connection and resilience within disadvantaged areas
- Attend training and work related meetings and events
- Report any issues, incidents or concerns for someone's wellbeing to a supervisor

### Who is eligible for the programme?

- You must be aged 16-24 or up to 25 if you have an Education Health Care Plan (EHCP)
- You must not be qualified at L4 or above
- You are not currently in full-time employment or funded education and have little work experience, but are focused on work or the prospect of it
- Live in England
- UK or EU citizen for 3 years or more

### Are there any other entry requirements?

- No formal qualifications are needed but experience of volunteering and participation in sports may be beneficial
- Must be reliable and punctual
- Ability to work on your own as well as in a team
- A good work ethic with a willingness to learn
- Good listening and communication skills
- Care for the wellbeing of staff and participants, be approachable, patient and supportive
- Maintain professional boundaries
- Positive can do attitude and willingness to help
- Basic organisational skills and able to follow instructions
- Able to speak and understand English with basic numeracy skills

### What are my progression opportunities?

ATF is an expanding charity and there may be progression opportunities beyond this initial opportunity

\*Trainees can earn up to £30 a week for the duration of the programme to cover travel expenses.

### How do I apply?

Please [CLICK HERE](#) to apply for the programme.