

WELLBEING COACH

Hours:	20 hours per week
Contract:	1 year fixed term
Salary:	£21,290 per annum (pro rata)
Pension:	10% employer's contribution
Reporting to:	Community Hub Lead
Location:	Booth Centre and off-site

Role Overview: We are looking for an energetic, compassionate, and community minded Wellbeing Coach to join our Trailblazer project team. This new role will strengthen the link between the Activities Programme and the Trailblazer project, using wellbeing through activity as a vehicle for positive change. The Wellbeing Coach will support Trailblazer participants to access health and wellbeing activities within the Booth Centre and across Manchester, helping them build confidence, reduce isolation, improve physical and mental health, and take positive steps towards economic activity. The role will also act as a bridge between the activities offer and the Navigator team, ensuring participants receive coordinated, wrap around support.

Our Agreed Behaviours & A Little About Us

We live our values and act within our agreed behaviours, which we co-produced as a team, providing a warm welcome, a sense of belonging, and a place to find purpose and thrive.

Our trauma informed service includes volunteering opportunities, creative projects, sports programmes, training, and employment support. We also help people access emergency accommodation, secure permanent housing, and connect with any services they need.

The Booth Centre is an award-winning, nationally recognised community and beacon of best practice, delivering co-produced, partnership-based ways of working adopted by services across the country. We are a safe, welcoming environment where everyone is included, respected, heard, and empowered.

Agreed Behaviours	Compassion	Dedication	Integrity	Respect	Kindness
	Sense of Fun	Supportive	Cheerleading for one another	Openness	Non-judgemental

Job Description

Tasks specific to role	<ul style="list-style-type: none"> • Support Trailblazer participants to access health and wellbeing initiatives in their community, including gyms, running groups, football teams, and nutrition support. • Facilitate wellbeing sessions at the Booth Centre aligned with the Five Ways to Wellbeing framework, connecting, being active, taking notice, keeping learning, and giving. • Design activity sessions with group participants, ensuring your work is coproduced and person-centred. • Link between the Activities Programme and the Trailblazer Navigator team, ensuring participants receive coordinated, wrap around support and can access both offers, supporting activity participants to access Navigator support and Navigator participants to engage with activities. • Deliver one to one wellbeing conversations to help participants identify wellbeing goals, build positive routines, reduce isolation, improve confidence and motivation, and engage with appropriate activities or wider support.
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	<ul style="list-style-type: none"> • Provide early preventative support to stabilise wellbeing and prevent escalation of challenges, including signposting to specialist services such as mental health, addiction, or NHS support where appropriate with the support of the wider team. • Working with participants to capture meaningful progress, and maintain accurate records of engagement and outcomes in line with GDPR and project reporting requirements. • Support the delivery of activities outside normal working hours, including evenings and weekends as the Centre develops its extended opening offer, and identify and respond to safeguarding concerns in line with organisational policy.
<p style="text-align: center;">General</p>	<ul style="list-style-type: none"> • Carry out all duties in line with the Centre’s Vision, Mission and Values, following policies, procedures, inclusive practices, and the Booth Centre’s Agreed Behaviours. • Demonstrate flexibility in responding to changing priorities, urgent matters, and the evolving needs of the service. • Undertake other reasonable duties as requested by your line manager, including supporting colleagues where required. • Actively contribute to wider team goals by attending one to ones, team meetings, and training as identified by your line manager or senior management, and act as an ambassador for the Booth Centre. • Maintain awareness of data protection and information security responsibilities, escalating any concerns in line with policy and procedure.

Person Specification
<p>We are looking for a flexible, compassionate, and energetic Wellbeing Coach, someone who believes in the power of activity and community to change lives. You will join a dedicated, supportive team with opportunities to develop your skills and make a real difference in a challenging and rewarding environment.</p>
<p>Essential Skills</p> <ul style="list-style-type: none"> • Strong interpersonal and communication skills, with the ability to build trusted relationships with people experiencing complex challenges. • Understanding of the link between physical activity, wellbeing, and economic participation. • Knowledge of trauma informed and strengths based approaches when working with vulnerable people. • Ability to work collaboratively within a multi disciplinary team. • Strong organisational skills with the ability to manage competing priorities, maintain accurate records in line with GDPR, and identify and respond appropriately to safeguarding concerns.
<p>Essential Experience</p> <ul style="list-style-type: none"> • Experience delivering wellbeing, activity, or community engagement programmes within a co produced or person centred service environment. • Experience working with people experiencing homelessness, poverty, social isolation, or other complex challenges, including signposting or linking individuals to specialist health, wellbeing, or community services.
<p>Desired Experience</p> <ul style="list-style-type: none"> • Knowledge of health and wellbeing initiatives in Manchester, including MCR Active, PARS, or similar programmes, and familiarity with evidence based approaches such as the Five Ways to Wellbeing. • Experience facilitating peer support or group activity in a community or third sector setting. • Knowledge of safeguarding procedures and GDPR within a service context, and experience using digital case management or record keeping systems.

How to Apply

We are committed to equality, diversity, and inclusion and welcome applications from all backgrounds. To apply, please send an expression of interest addressing all items in the Person Specification, along with your CV, to abdalah@boothcentre.org.uk

Interview Process:

Interview questions will be shared with candidates in advance. Interviews will be conducted by a panel of three people to help ensure a fair and balanced assessment. We aim to notify applicants of interview outcomes as promptly as possible. Feedback will be offered to unsuccessful candidates where capacity allows. We are committed to providing a supportive and respectful experience for everyone taking part in the recruitment process.

Closing date:

Note: Though we have tried to be thorough, no job description can cover every issue which may arise within a post.