**Person Specification**

**Onside Wellbeing Coach**

**Qualifications**

* Good general standard of education
* Mentoring/Coaching qualification
* Training around low-level mental health

**Experience**

* Working with people to empower them to become more confident and develop coping skills
* Working with people who have mental ill health such as anxiety and stress
* Use of evidence-based tools to successfully move people toward their mental health goals eg: CBT, mindfulness
* Facilitating one to one and group sessions to meet the needs of people living with mental ill health
* Delivering themed workshops on mental health issues
* Working with people who have complex social and emotional lives to improve their wellbeing
* Maintaining accurate, up to date records of activities and interventions
* Working within and contributing to the development of a growing team
* Experience of working in a dynamic and creative way, solving problems and prioritising work

**Skills**

* Good communication and interpersonal skills
* Ability to build trust and offer a holistic, solutions focused approach to individual issues
* Use of IT including, Microsoft office, email and database systems (external and internal)
* Able to network and build effective working relationships
* Able to work on own initiative and manage own time
* Excellent organisational skills and an ability to prioritise workload
* Maintaining boundaries and ensuring clarity and understanding of the role
* Ability to self-manage and be creative in your approach to problem solving

**Knowledge**

* Person centred approaches
* Health care systems and processes
* Local mental health services and support, both statutory and third sector
* Safeguarding, confidentiality and GDPR
* Issues affecting the lives of adults facing disadvantage
* Issues relating to empowerment and disempowerment
* Equal opportunities and diversity

**Other Requirements**

* This role will involve working in different locations, and will require you to travel across South Worcestershire, therefore the ability and means to travel independently is essential
* A willingness to work flexibly with very occasional evening and weekend work

**Onside People:**

* are **passionate** about what they do
* **value difference**
* are **creative** in their approach
* are committed to **fairness and justice**