



# Cow Creek Government Office

## Position Description

**Position Title:** Lifestyle Coach

**Department:** CCH&W

**Reports To:** Clinic Operations Manager

**FLSA Designation:** Non-Exempt

**Date Written/Revised:** 10/29/19

### POSITION PURPOSE:

Guides CCH&WC patients in defining and working towards realistic goals to make healthy lifestyle changes. Working to empower patients to modify their current behaviors in order to improve their health and offer strategies for overcoming any challenges along the way. Assists patients with setting obtainable objectives, tracking their goals and discussing progress, providing education and helping to motivate them for continued action.

### ESSENTIAL FUNCTIONS:

- Under direction of Registered Dietitian Plans, implements, and evaluates diabetes prevention health education programs at Cow Creek Health & Wellness (CCH&WC).
- Recruits patients for Diabetes Prevention Program, administers established class curriculum and acts as program facilitator.
- Assists with maintenance of accreditation standards for education department: For instance, Diabetes Prevention Program (DPP), Diabetes Self-Management Education (DSME), and any other CCH&W accreditation.
- Develops and conducts health education/promotional presentations on health-related topics.
- Plans and implements events and other programs, including arranging for speakers, facilities, resources, and staffing as directed.
- Collaborates with CCH&W medical staff and other departments to streamline education programs best practices, measures, and ensure requirements with day-to-day documentation are met and recorded
- Designs and develops brochures, reports, manuals, newsletters, pamphlets, resource packets, posters, and various training materials promoting public health issues and health activities.

### QUALIFICATIONS:

- Has demonstrated experience with creating course content and facilitating delivery of health education in written, digital and public meeting settings.
- Has demonstrated experience with event planning and management.
- Ability to work effectively with individuals from different cultural backgrounds, including the ability to understand the behaviors of other individuals and groups, and to make appropriate recommendations.
- Ability to communicate effectively with a variety of audiences, using a variety of media is required.

- Knowledge of educational principles of adult learning theory, group dynamics, behavior change concepts, and empowerment models, motivational interviewing techniques, learning styles, teaching strategies and lifestyle coaching techniques preferred.
- Prefer some marketing experience and experience with window-based computer programs.
- Must be available to work flexible schedule including some evenings.
- Must be able to travel for work in outlying areas of Douglas County.

