

Cardiac Coach

A Cardiac Coach at CP+R is an inspirational motivator who leaves no stone unturned in their pursuit of helping a person.

The role of the Cardiac Coach is to deliver sustained, life-changing healthcare to CP+R clients through predominantly online, monitored exercise sessions, nutritional guidance and lifestyle advice and support.

The Cardiac Coach has two principle areas of responsibility:

- + To project manage a portfolio of athletes to continuously improve their health
- + To be a role model of the CP+R culture and our values:
 - o Empathy
 - o Relentless positivity
 - o Authenticity
 - o Meticulousness
 - o Friendship and teamwork
 - o Thirst for learning
 - o Unique contribution
 - o Making it happen

Responsibilities

Client care

- + Assess the exercise capabilities of each client during an initial clinical assessment at the outset of their programme and prescribe an appropriate exercise programme
- + Support each client through each stage of their programme
- + Provide consistent and/or progressive levels of the CP+R exercise prescription process
- + Ensure each client adheres to CP+R's "Four Pillars of Success"
- + Provide each client with a clinical reassessment and subsequent report of their progress
- + Engage in uplifting, positive and timely communications with clients to support and encourage them in their progress
- + Keep an updated record of each client's progress
- + Deliver a world class training environment and coaching standard both in person and online

Requirements

- + 2:1 or above predicted or acquired BSc grade in relevant degree
- + Proven experience of coaching in a health-related or exercise capacity
- + Proven experience in a customer service role
- + Proven experience or interest in rehabilitation or helping people
- + Strength and Conditioning qualification (desirable but not essential)
- + Excellent communication skills
- + Excellent organisational skills