

### WHAT IS A CARDIAC COACH?

A CP+R Cardiac Coach guides, inspires and empowers people to change their lives, and to **live longer, better**. A Cardiac Coach is committed, courageous and relentless in their pursuit of this cause.

A Cardiac Coach manages a portfolio of clients, coaching and motivating each person using our **Four Pillar lifestyle model**, in order to achieve their individual health and life goals. To do this successfully, a Cardiac Coach is an **expert exercise instructor**, and meticulously trained in our **nutrition model** and in delivering **lifestyle advice and support**.

A Cardiac Coach is also a role model of the CP+R mindset and our values:

# 1

#### Growth

We are a purpose-built organisation committed to helping people live longer, better. We value the commitment, courage and perseverance it takes - every day - to work towards achieving our purpose. We seek to make a massive positive impact on the people we work with and this takes hard work, a sense of urgency and sacrifice.

# 2

#### Excellence

Our commitment to ourselves, our partners and our clients is to be consistently the best - and to get better every day. We learn, study and therefore evolve. We go the extra mile. The way we do anything is the way we do everything. Excellence is modest improvements consistently done.

# 3

#### Impact

We seek to create possibility, empower lives and transform cardiac care - and so we measure ourselves against our success in achieving our aims. We are action-oriented. We never go through the motions. We make it happen. We practice radical candour.

## **THINK YOU HAVE WHAT IT TAKES TO BE A CP+R CARDIAC COACH?**

As well, as the above attributes, these are the main day-to-day responsibilities:

- + Assess the exercise capabilities of each client at the outset of their journey via an initial clinical assessment and prescribe an appropriate exercise programme
- + Support each client through each stage of their journey, including managing them against 3-monthly clinical reassessments
- + Provide consistent and/or progressive levels of the CP+R exercise prescription process
- + Ensure each client adheres to CP+R's Four Pillar model
- + 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
- + Use our in-house data system to keep an up-to-date record of each client's progress
- + Deliver a world class coaching standard
- + Deliver an exceptional service to clients either virtually or from our Harley Street clinic (N.B. Cardiac Coaches must be willing to work from home or in the clinic and are given the tools to excel in either environment)

## **WHAT ARE THE REQUIREMENTS FOR YOU TO BE CONSIDERED?**

- + 2:1 or above predicted or acquired BSc grade in a relevant degree (e.g. Sport & Exercise Science)
- + 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)
- + BACPR Level 4 qualification (desirable but not essential)
- + Excellent communication skills
- + Excellent organisational skills

## **WANT TO APPLY?**

Please click the link below and complete our online application form. Good luck!

[\*\*APPLY HERE\*\*](#)