

## Personal Trainer: Metabolic Health Coach - Team Leader

Do you have a keen interest in metabolic health?

Combe Grove is a centre for advanced health and wellbeing in the UNESCO World Heritage City of Bath. An innovative, dynamic and friendly business Combe Grove is highly focused on delivering the charitable objectives of its guardian the Elmhurst Foundation.

Combe Groves pioneering work in Metabolic Health provides unique programmes with evidence-based education, personalised support and nurturing community environment which empowers individuals to be able to reset their health with medically measurable and sustainable changes.

We have a unique and exciting opportunity for an experienced, enthusiastic and innovative Personal Trainer to join our friendly team as Metabolic Health Coach - Team Leader.

The role is based within the Coach House Team, which is central to the Combe Grove Estate and is where most of the physical activity and movement takes place with three studios and a full range of quality equipment.

Broadening the options of healthy movement for the members the Coach House is launching mini clubs in

- Swimming
- Running
- Walking
- Cycling
- Tennis

Candidates with experience of coaching in any of these specialisms would be preferable.

The successful candidate will work closely with members and clients to support the achievement of their overall health goals. They will take a lead role hosting the members as well as supporting the Coach House Manager with the operational running of the team. Having experience and a passion for mentoring team members to reach their full potential whilst gaining their Level 3 PT qualification is crucial.

Metabolic health is at the core of the business. Through the Metabolic Health Memberships of the Club our Nutritionists and Coaches provide clients and members with the knowledge and tools to live longer and live better.

The Metabolic Membership covers the Five Roots of Metabolic Health:

- Nutrition
- Movement
- Sleep
- Environment
- Mindset

Our Metabolic Health Coaches are actively involved in providing health coaching, movement consultations and tailored packages supporting members with their health goals.

**All training sessions delivered or coordinated by the Metabolic Health Coach Team Leader form part of your salaried responsibilities. Participation in these sessions is expected and is included within your contracted employment hours and salary.**

The ideal candidate will have:

- A PT Level 3 qualification
- An interest in nutrition and metabolic health
- A minimum of three years' experience working in an exercise and nutrition focused environment
- A person-centred approach
- Experience of delivering education and training to individuals and groups
- Flexibility to work across 7 days with early or late shifts
- A passion for wellness

A qualification in nutrition is preferred, however, training will be arranged for:

- Nutritional Level 3
- Emergency Pool Responder
- Pool Plant

### **Benefits for all colleagues to enjoy**

- Metabolic Health Membership at Combe Grove including 5 guest passes per annum. The Coach House has fantastic flood-lit indoor and outdoor facilities, including a state-of-the-art gym, indoor and outdoor heated pools and undercover tennis courts available all year round. The Coach House deliver in excess of 70 classes a week in the studio.
- Subsidised meals in the Map Room made from nutritious, sustainably sourced, organic, free-range, ingredients which as far as possible are sourced from the Kitchen Garden or locally.
- Access to the 70 acre estate which proudly showcases our oldest woodland, Eastwood, which is approximately 200 years old. This is a beautiful setting offering a rich diversity of plants and trees to enjoy a lunchtime walk.
- Subsidised treatments and therapies provided by the on-site team using organic products from the South West of England with selected medicinal herbs and aromas to support the therapeutic benefit of treatments and therapies.
- Long Service Awards
- 30 days annual leave per year pro-rata

Combe Grove is a no smoking and no alcohol estate.

We have full-time vacancies available. We offer a competitive salary based on skills and experience and a benefits package.

If you are interested in applying for this vacancy, please send a copy of your CV and a covering letter to [Personnel@CombeGrove.com](mailto:Personnel@CombeGrove.com). Successful applicants will be invited for an interview so please ensure you provide your current contact number.