



Wellbeing Facilitator

Purpose of the Role:

To deliver engaging and inspiring wellbeing sessions at the Baytree Centre, fostering a healthier and happier community. By sharing your expertise and creating a supportive environment, the role empowers participants to explore different aspects of wellbeing and adopt positive lifestyle choices. Topics may include mindfulness, creative arts, physical fitness, nutrition or other wellbeing-related activities.

Main Responsibilities:

- Lead and deliver wellbeing workshops on agreed topics.
- Prepare and set up the space, ensuring all materials and resources are available and organised for each session.
- Create a supportive and inclusive environment where participants feel comfortable to learn, share, and engage in discussions.
- Encourage connections between participants.
- Provide guidance, encouragement, and practical tips to help participants integrate wellbeing practices into their daily lives.
- Adhere to Baytree Centre policies and procedures.

Skills and Qualities Required:

- Expertise or experience in one or more wellbeing areas such as mindfulness, creative arts, fitness, nutrition, or similar.
- Strong facilitation skills to engage participants and encourage active involvement.
- Patience, empathy, and cultural sensitivity to support participants from diverse backgrounds.
- Good organisational skills to ensure smooth preparation and delivery of sessions.
- Excellent communication skills to convey information clearly and encourage meaningful discussion.
- Interest in health, wellbeing, or community engagement.

Commitment:

- Deliver wellbeing workshops, (day and time subject to the timetable).
- Minimum commitment of 2 terms for continuity and effectiveness.
- Location: The Baytree Centre.

Benefits:

- Gain experience in delivering community-based wellbeing activities.
- Develop skills in facilitation, teaching, and cross-cultural communication.
- Contribute to participants' confidence, wellbeing, and social connections.
- Be part of a supportive and welcoming volunteer community.

This role is open to female applicants only (Equality Act 2010: Schedule 9: Occupational Requirements). Applicants must be 18 years or older.

