



TITLE: Team Wellness Coach

GOAL/IMPACT

Special Olympics Southern California's (SOSC) vision is to promote acceptance, inclusion, and well-being for people with intellectual disabilities through sports. Through the power of sports, our athletes discover new strengths and abilities, skills, and success - on the playing field and in life. [Team Wellness](#) is an exciting and unique health and wellness program designed for individuals with and without intellectual disabilities. Participants receive wellness training over an 8-10 week course that will instill healthy habits for a lifetime! Team Wellness coaches help maintain the structure of the training sessions and provide encouragement to participants in a positive and fun environment.

KEY RESPONSIBILITIES

- Assist with implementing activities and lessons
- Work alongside participants to develop healthy eating and exercise habits
- Be able to provide guidance, direction, and encouragement in a structured training session
- Maintain a positive and fun environment for all participants

TRAINING & SUPPORT

- Training will be provided by SOSC certified Team Wellness Trainers
- Will receive direction from Team Wellness manual to implement activities each training week

Commitment and Work-Site

- Team Wellness Coaches provide 2-3 hours per week, throughout 8-10 week season
- Training locations will be provided upon program placement

QUALIFICATIONS, SKILLS & REQUIREMENTS

- Minimum age 18 years old with a government issued ID (driver's license, military ID or passport).
- Must complete online volunteer application, online trainings, and background check. Recertification required every 3 years
- Attend Team Wellness Coaches in-person training
- Commitment to the Mission and Philosophy of SOSC

BENEFITS

- Direct interaction and impact on SOSC athletes!
- Build a strong team to work together to achieve our vision of acceptance, inclusion, and well-being for people with intellectual disabilities through sports and healthy living
- Experience enthusiasm, joy, and personal achievement alongside our athletes