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