



Healthy • Active • Happy • Kids

RECRUITING FOR GO4FUN GROUP LEADERS

Go4Fun Nutrition and Exercise Leaders Wanted!!!

Go4Fun, a NSW Health initiative, is a 10 week healthy lifestyle program for children 7-13 years of age (who are above a healthy weight) and their families. Go4Fun has been running successfully in Western Sydney since 2011. Go4Fun helps to transform children's and families' nutrition and physical activity behaviours through fun, fitness and friendship.

We are looking for experienced, enthusiastic and motivating health professionals to facilitate the Go4Fun program in Western Sydney. Each program runs 1 afternoon on weekdays or weekends for 10 weeks during the school term, and children attend with their parent/s. Full training is provided.

Our leaders need to have something special. They need to believe that kids and their families can be enabled to make healthier nutrition and physical activity choices to benefit their short and long term health in a fun, inspiring, and supportive environment.

We are seeking people to fill 2 different roles – a Theory/Nutrition Leader and an Exercise Leader. Our Theory/Nutrition Leaders need to be able to facilitate a 1 hour nutrition based session with children and parents followed by a 1 hour parent-only session, while our Exercise Leaders facilitate a 1 hour activity session with the children (Exercise Leader). Leaders must commit to the whole 10 weeks for a 3 hour period per week (usually 4-7pm weekdays and 1-4pm Saturdays).

Qualifications

- Theory/Nutrition Leaders will have a tertiary qualification in nutrition, dietetics or similar
- Exercise Leaders will have a tertiary qualification in exercise science, exercise physiology, personal training, sports coaching or similar

Experience

- Previous experience working with children 7-13 years old and families
- Facilitating face-to-face group education programs
- Negotiating and setting personal health goals for children and adults

Personal qualities & behavioural traits:

- Friendly, enthusiastic, outgoing, engaging & approachable
- Outstanding interpersonal skills
- Passionate about nutrition, physical activity & health
- Responsible, reliable, professional & punctual – maintain the integrity of Go4Fun
- Be able to work independently and as part of a team
- Able to use initiative to solve problems

In addition

Exercise Leaders should ideally:

- Have the ability to engage children aged 7-13 years with a diverse range of abilities, motivation and interests consistently in 60 minutes of fun games and activities each week
- Have a current first aid certificate

Nutrition Leaders should ideally:

- Have current knowledge regarding nutrition recommendations and dietary guidelines for children and adults and can translate this into practical advice for families
- Have knowledge of cultural beliefs and practices of residents of Western Sydney that may influence nutrition and physical activity behaviours
- Have wide food product nutrition knowledge and experience in teaching label reading and conducting supermarket tours

All Group Leaders require:

- A current drivers licence and own vehicle
- Current public liability and professional indemnity insurance (\$10 Million each)
- A current Working With Children Check (WWCC) issued by the Office of the Children's Guardian

If you have the experience, passion and commitment to make your mark at Go4Fun then we'd love to hear from you.

Other Position Details

- Group Leaders are contracted by WSLHD as Contingent Workers.
- We offer 3 hours work per week per program.

This position requires a Working With Children Check (WWCC) issued by the Office of the Children's Guardian. For more information on how to apply for the clearance, please visit the Office of the Children's Guardian website www.kids.nsw.gov.au/working-with-children/new-working-with-children-check



Health
Western Sydney
Local Health District