



RECRUITMENT PACK

ACTIVE WELLBEING COACH -
MYACTIVE GLOSSOP



myactive.uk/Careers



A MESSAGE FROM OUR MANAGING DIRECTOR



About MyActive

Established in October 2024, by Staffordshire Moorlands District Council together with its strategic alliance partner, High Peak Borough Council, we are a community focused, active wellbeing company established with a purpose of helping local people to move more.

We have the privilege of operating a wide range of facilities and services across the Staffordshire Moorlands and High Peak areas, in the attractive market towns of Cheadle, Biddulph, Buxton, New Mills and Glossop. Our life changing services also reach out to communities, collaborating with local systems and partners to help tackle inequality, long term health conditions and isolation.

Our future is bright; together with our Council partners, we are investing in our people and facilities, which makes this a perfect time for you to join us.



Rob Wilks



ACTIVE WELLBEING COACH

About the role

We are looking for an Active Wellbeing Coach who is a champion of positive health and wellbeing for the local community by delivering safe, effective, and customer-focused health and fitness programs.

This involves actively supporting members and participants to improve their health outcomes, motivation, and sustained engagement in physical activity. Working within the "One Team" approach, the coach is expected to provide outstanding experiences, tackle health inequity and proactively collaborate with customers, colleagues, and partners to establish MyActive as the preferred service provider for local health needs.

The role is key to delivering MyActive's core mission while maintaining a firm commitment to the organisation's shared values and behaviors. A Level 2 qualification in fitness instructing is essential for this role.

Location

MyActive Glossop

Salary

£12.71/hr

Reports to

Duty Manager / General Manager

What you'll be doing

- Deliver high quality, safe and inclusive health and fitness services
- Provide personalised support, including gym inductions, fitness assessments and tailored programmes
- Deliver exercise and wellbeing interventions for specialist referral schemes (e.g. weight management, cardiac rehab)
- Act as an excellent coach, using clear communication, motivation, and constructive feedback
- Support customers in making positive lifestyle choices and maintaining long-term activity
- Maintain a clean, safe, and welcoming environment across gym and studio areas
- Proactively manage equipment and complete daily operational and safety checks
- Build strong customer relationships to encourage participation and retention
- Respond professionally to customer queries and support wellbeing initiatives and campaigns
- Work collaboratively across teams and sites, including fitness, operations, and health departments
- Support the training, mentoring and development of new staff
- Represent MyActive as a professional ambassador, upholding organisational values and Code of Conduct
- Commit to ongoing professional development
- Adhere to all policies, including Safeguarding, Equality, Diversity & Inclusion and Health & Safety

View the full job description and person specification and apply here:

myactive.uk/Careers



About you

We are looking for a genuinely supportive and empathetic professional with a passion for improving community health and wellbeing.

You will have strong interpersonal and motivational skills, using a patient and encouraging coaching style to deliver safe, inclusive, and high-quality fitness programmes tailored to a range of health needs. As a collaborative team player, you will demonstrate excellent communication and organisational skills, with the ability to build effective relationships at all levels while maintaining confidentiality and sensitivity.

As an ambassador for MyActive, you will embody our values, champion diversity and inclusion, and show flexibility by working a variety of shifts to support outstanding customer-focused experiences. A strong commitment to continuous professional development is essential to ensure your knowledge and skills remain current within the fitness and wellbeing sector.

Why join MyActive?

At MyActive, we believe in the power of movement to transform lives. We're proud to deliver services that go beyond fitness. We are passionate about tackling health inequalities, building community connections, and supporting wellbeing for everyone.

You'll also benefit from:

- Access to our MyActive facilities
- Ongoing professional development and training
- Opportunities to contribute to regional wellbeing initiatives
- A supportive and collaborative workplace culture

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