



Health In Action

Position Title: Health Coach (Full-time/ Part-time / Freelance) (Ref:202207HC)

Position Summary

We are looking for a qualified Health Coach to join our team and provide health maintenance and exercise guidance to our clients in pain management programme. Health Coach also injects new energy into community healthcare by promoting an active lifestyle.

To be a successful Health Coach, you should have good interpersonal skills, strong coordination skills, proactive and passionate in health as well as fitness promotion. Ultimately, you should have a passion for helping people, be innovative, and the ability to work well within a team.

Brief Description of Health In Action:

Health In Action (HIA) is a non-profit organization and registered charitable organization in Hong Kong since its establishment in 2011. Our vision is to achieve health for everyone in the society. Our transdisciplinary team includes nurses, physiotherapists, pharmacists, dietitian, nutritionists, social workers, public health practitioners and health coaches. We aspire to promote a healthy city in Hong Kong through cycles of service, research, advocacy, and nurture.

Roles and Responsibilities

- Prescribe physical exercises according to the client's needs.
- Conduct health assessment as well as assessments of lifestyle and wellbeing.
- Assure client's safety during gym session or physiotherapy service.
- Coordinate and implement recreational programmes and health activities.

Requirement:

- Degree holder in health-related or sport-related programme or equivalent.
- Certificate in personal training / stretching & flexibility / physiotherapy assistant is an advantage.
- Ability to build and maintain rapport with clients
- Self-motivated, flexible, passionate in community engagement, strong self-initiative, and reliable with good interpersonal skills
- Excellent communication skills and open to working in a diverse and multicultural environment
- Fluent in spoken and written Chinese, English

Interested candidates may send their resume, current and expected salary, and the earliest availability to hia@hia.org.hk on or before 31 July 2022, or until the post is filled, whichever is earlier.

Please email your cover letter, resume with expected salary to hia@hia.org.hk. You can also visit our website <https://hia.org.hk> or our Facebook <https://www.facebook.com/HIAHK/> for further information on HIA. The data collected will be used for recruitment purpose only.