



Florida Introduces Physical Activity and Nutrition to Youth

| | |
|------------------------|--|
| Position Title: | Wellness Instructor - Palm Beach County |
| Reports to | Program Coordinator / Senior Program Manager |
| Department: | Public Health |
| Position Type: | Hourly, Consultant, Independent Contractor |

FLIPANY’s team of professional minded innovators works toward our mission of fostering healthy lives through nutrition education, physical activities, and wellness initiatives. For the past 15 years, FLIPANY has brought customized health and wellness programming to more than 400 partner sites in Palm Beach, Broward, and Miami-Dade Counties. Our creative programs fight childhood obesity and hunger by focusing on healthy food preparation, food access and food security, and physical education.

FLIPANY seeks to hire individuals that are excited and prepared to provide youth in South Florida with the skills to build a foundation of wellbeing throughout their lives, through comprehensive, evidence-based social emotional learning, nutrition and cooking courses, and physical activity programs. The ideal candidate is an enthusiastic wellness advocate with an appreciation of the value of nutrition, healthy cooking, and physical activity, who is prepared to guide youth along their wellness journey by creating a positive and productive learning environment.

Job Description

FLIPANY’s is seeking a Wellness Instructor to work directly with community youth. The Wellness Instructor will teach classes in nutrition, cooking, and recreational/physical activity at FLIPANY’s partner locations, including schools, community centers, and other community spaces. The ideal Wellness Instructor is excited about encouraging and supporting healthy lifestyles for youth and families, while demonstrating strong and positive class management of groups of youth.

We are seeking passionate individuals prepared to mentor youth through social emotional learning exercises and wellness activities centered on healthy lifestyle habits including nutrition education, healthy cooking, sports and non-competitive structured play.

FLIPANY is committed to recruiting and retaining staff who will embrace our mission and promote a positive change in our communities through sharing their dedication and energy with youth. FLIPANY provides a flexible yet consistent work schedule. Wellness Instructors are expected to commit to at least one day of instruction for the duration of the course (typically 6 – 12 weeks). FLIPANY provides curriculum content and training for class material.



Details and Compensation:

- Typical hours for Cooking, Nutrition, and Physical activity include Monday – Friday afternoons between 2 – 6, with some day shifts available and special events on weekends.
- Compensation is hourly
- 2-hour cooking classes require a 3-hour commitment (advanced shopping/prep/early arrival and set up) and receive \$90.00 (one-hour classes are adjusted)
- Physical activity classes are typically booked as 1-hour classes with a minimum of 2 hours scheduled continuously and are compensated \$30.00 for each 1-hour Class. (Typically, 2 – 4 hours)
- Wellness Instructors can request hiring status as a specialist in Nutrition or Sports if unable to accommodate both curricula
- The Wellness Instructor position is variable, as needed, contractor position.
- The Wellness Instructor position is grant funded

Required Knowledge, Skills, and Abilities:

- Excellent motivational abilities, class management, redirection skills, and facilitation of positive reinforcement teaching mechanisms;
- Willingness to learn (or familiarity with) physical activity standards for youth
- Willingness to learn (or familiarity with) MyPlate nutritional standards
- Excellent ‘classroom management’ and ability to work with behavioral issues among youth populations;
- Ability to deliver classes in a live, in person, setting to a group of 15-20 participants,
- Ability to work logically and systematically with site staff at diverse locations while maintaining excellent communication with FLIPANY team and supervisors
- Willingness to guide youth through basic cooking lessons utilizing a skillet, in class preparation (cutting, dicing, etc)
- Willingness to lead youth through Physical Activity
- Ability to adhere to program guidelines and correctly implement the curriculum outlined for the program with proven results.

FLIPANY reserves the right to modify, interpret, or apply this job description in any way the company desires. This job description in no way implies that these are the only duties, including essential duties, to be performed by the employee occupying this position. This job description is not an employment contract, implied or otherwise. The employee relationship remains “at-will.” The aforementioned job requirements are subject to change to reasonably accommodate qualified individuals with disabilities.

FLIPANY is a Drug Free Workplace and Equal Opportunity Employer