



POSITION: WELLBEING COACH & FACILITATOR

A Girl Called Hope invites registered mental health, social services, and general health professionals to be a part of our mahi as a Wellbeing Coach and Facilitator. We are a passionate team who value authenticity and professionalism. Our vision is empowering and restoring hope to people of Aotearoa who are seeking help with their mental health and wellbeing. Our values of Generosity, Relationship, Authenticity, Commitment, and Integrity underpin all our work. Our hope is that everyone who engages with us would experience unconditional love, and transformative change, resulting in freedom; this is our Christian environment, our Kaupapa. If you're ready to take up a unique and fulfilling role with an organisation that has been committed to improving women's mental wellbeing for 15 years, then we want to hear from you!

The Role

The Wellbeing Coach is a generalist who has oversight for each person's Tailormade Pathway. Your role is about empowering people to reach the wellbeing goals that matter to them through one-to-one coaching and utilising the options available with our qualified counsellors, online Wellbeing Toolkits, in-person Wellbeing Skills Courses and personal development courses. Operating under our Coaching Practice Framework, you will also provide consultation, education, and advice to other members of our team to support someone's Tailormade Pathway. The role is in formation so requires at least three years' experience in a social-service field with a particular focus on mental wellbeing.

As a course Facilitator you will facilitate our evidence-based weekly interactive Online Courses and our in-person Day courses balancing content and process. These are focused on skills and tools to regulate emotions and manage distress, recognising all participants have the capacity to learn and to grow and are resourceful.

Our Practice

Evidence-based models and practice modalities are key to our service provision. Our organisation's Practice Framework ensures that the support our team members provide recognises the whole person as understood through the Te Whare Tapa Wha model. As a client-centred team we utilise evidence-based theory and models including CBT and DBT.

The successful applicant will:

- Be self-motivated and independent and enjoy working as part of a team dedicated to equipping people to improve their wellbeing.
- Have a commitment to their own professional development.
- Practice in a culturally sensitive manner.
- Be a proactive communicator.

As a Wellbeing Coach

- Be a registered professional in a relevant discipline such as psychology, mental health nursing, social work, or occupational therapy.
- Have at least three years of relevant experience with some training in a variety of talking therapies such as CBT, ACT or FACT.

As a Facilitator

- Have proven experience delivering evidence-based group programmes.
- Have experience in course design and development.

Our Organisation

We are a registered not-for-profit charity now in our second decade of operation. Though our focus has mainly been young women, the Pathways to Hope programme widens our scope to include all people aged 16yrs and over. A Girl Called Hope uses evidence-based practices and is guided by Christian principles and values.

Application Details

The Wellbeing Coach & Facilitator is a permanent full-time role. However, we will also be accepting applications for separate roles of Wellbeing Coach (.4) and Course Facilitator (.6) or a shared role with a mix of each.

We are keen to hear from those who have proven experience with a strength-based and solutions-focused approach in their mahi with clients. Alignment with the vision, values and Christian kaupapa of A Girl Called Hope is essential. Eligibility to work in Aotearoa is a necessity.

Our service operates Monday to Friday between 8am to 5pm. This role is based in Albany, North Shore, Auckland.

Applications are being received immediately and can be forwarded with your CV to:

Kerry Petrie,
A Girl Called Hope,
P O Box 302197,
North Harbour,
Auckland 0751

or by email: kerry.petrie@agirlcalledhope.org.nz