

Setanta Wellness Coach

Setanta Wellness is a highly innovative health, fitness, and wellness facility that takes the elite performance science expertise and experience from Setanta College and opens it to the wider community. While separate to Setanta College, the organisation benefits from the support of the experts in the academic institution and Wellness Coaches gain various opportunities to engage in projects with the College.

As a Setanta Wellness Coach, you will be tasked with engaging with clients on consultations, goal setting, and physical testing prior to developing bespoke fitness and wellness programmes and delivering exercise sessions. Setanta Wellness aims to take the elite sports science practices and make them available for the general public. All sessions at Setanta Wellness are coach-led, with all coaches coming through the education programmes at Setanta College.

Alongside the S&C expertise for delivering sessions, Setanta Wellness also engages in the delivery of customised exercise classes to clients in the complementary training areas of Spinning, Yoga, Pilates, Barre, BoxFit, etc. So, in your application please ensure to specify any experience and additional certifications you have beyond your Setanta College qualifications.

If you are enthusiastic about the world of fitness, health, and wellness and want to make an impact on this field, get in touch today!

Setanta Wellness is currently recruiting for a position in our Bishopstown, Cork gym.

Duties include but aren't limited to:

- Evaluating client physical needs
- Developing custom and bespoke training programmes
- Tracking and monitoring client progress

Responsibilities

- Evaluate clients fitness levels, physical and mobility status, and health conditions
- Build individualised exercise programmes
- Explain exercises in detail and suggest alternatives if needed (progression/regression)
- Monitor progress of clients fitness levels
- Explain safe and proper use of gym equipment
- Lead both individual and group training sessions
- Research on new exercise techniques and trends
- Promote the facility's fitness packages and plans
- Inform clients about general and COVID-related safety and hygiene guidelines
- Build a positive and trusting relationship with customers
- Advise customers on how to change nutritional and lifestyle habits as needed (in consultation with the Setanta Wellness nutrition and psychology team)

Requirements

- Must hold, or be studying for a Setanta College qualification (Diploma, Certificate, Higher Certificate, BSc, or MSc)
- Preferably candidates will have completed a REPs Ireland Approved Qualification but not necessary
- Previous experience as a personal trainer or relevant role is preferred
- Knowledge of various fitness programmes, from basic exercises to more challenging training sessions
- Ability to guide and motivate clients
- Available to work flexible hours

- Excellent communication skills