



## **JOB DESCRIPTION**

### **Personal Trainer/Exercise Physiologist**

**Job Types:** Part-Time, Casual, Contractor

**Salary range:** \$30 - \$55 per hour

**Location:** Hampton East, Victoria

**Are you on a mission to become the best Trainer you can be? Are you passionate about helping women be strong and healthy? Are you motivating and easy to get along with?**

If you answered 'yes' to the above questions, then we would like to consider you to be a Personal Trainer or Exercise Physiologist at Strong Women Can.

#### **Who We Are**

Strong Women Can is a female-specific training and coaching community that provides a safe and supportive environment for women to start prioritising their health, train safely, and learn how to create sustainable change in movement and in health.

We are passionate about building a strong and successful team of trainers so that we can provide the very best service this industry has to offer.

As a team, we facilitate client transformations through both face-to-face training and online coaching courses.

We deliver 1-1 PT and small group sessions in our boutique studio in Hampton East. Our training programs are designed especially for women and specialise in helping them move well, get stronger and build lean muscle so that they can become the healthiest, happiest, and strongest version of themselves.

#### **How our business operates**

We have a tight team of personal trainers and coaches and operate a performance-based system that rewards trainers on their hours of experience and their level of competence.

When you start with us, we will provide 3 days of intensive training and then gradually create a manageable client load for you. As a trainer, we take care of the marketing and sales stress, so you can focus on building your reputation through delivering a great training experience.

Depending on yours and your client's availability, your sessions might be spread across the day initially, and then as you settle in with a full client load, you will be able to 'clump' your sessions together.

We understand the importance of managing burn out in the industry, and we will work closely with you to effectively manage your timetable and ensure you are able to balance your week for sustainability and optimal performance.

We have a strong team philosophy and are looking for people that want to be a part of a successful and motivated group of individuals.

#### **What we offer:**

- A competitive hourly rate
- A supportive culture and engaging working environment
- Flexible working times to suit your personal life
- Ongoing training by industry leaders and a variety of holistic health practitioners
- The opportunity to learn, develop and progress

#### **Key Responsibilities:**

- Periodised Programming
- Weekly team meetings and professional development workshops - both participation and contribution
- Client Assessments - such as Functional Movement Screening, Nutrition and Lifestyle questionnaires etc.
- Participating in our Membership seminars and online courses
- Participating in our Community-Based Events and Activities
- Effective communication to clients and head office via email and other mediums
- Team outings and team building events
- Ensure the premises and equipment is impeccably maintained
- Ensure the group fitness studios are kept clean and hygienic
- Provide unwavering support and outstanding customer service to clients
- Continuous research industry best practices and implement new methodologies that are aligned to the organisation and membership objectives

#### **Other roles and responsibilities may include:**

- Assist with providing in-house training and mentoring less experienced trainers
- Provide support on exciting projects and innovations
- Conducting sales phone calls, consultations and presenting offers
- Work closely with team to deliver operational benchmarks and revenue
- Ensuring that all activity levels required to deliver performance indicators are met

## **The Personal Trainer we are looking for needs the following:**

- Genuine passion for helping women get healthier and stronger, both physically and mentally, so they can be the best version of them.
- A motivational attitude and the desire to go above and beyond to enhance the client experience.
- Self-drive and commitment to ongoing personal and professional development.
- To be adaptable and have strong organisational skills
- To have excellent communication skills which enable you to challenge, motivate and build rapport with both your clients.
- To want to be part of a motivated team and a community of like-minded women. We are a small (but growing) team, so it is important that you share our value of a fun and positive work culture.
- To have experience in Strength Training, and popular training methods and techniques.

## **Skills and Experience:**

You will have a great deal of autonomy in this role, being responsible for facilitating client results for women who typically need coaching on topics both inside and outside the studio. We will provide education and support, but you will not be micro-managed - you will be trusted to take control over clients' programs and run Personal Training / answer questions / provide guidance / make adjustments for the client as needed.

For this reason, some experience will be necessary, ideally you have experience in training paying clients for two years or more. You are also involved in your own strength training. Something that is just as important as your experience is that you to have the willingness to learn and develop as part of a team.

We require our PT's to be Certificate IV Qualified in fitness, have a current first Aid certificate and be registered with Fitness Australia. In addition to this, you will need to be insured with public liability and professional indemnity.

Applications from Exercise Physiologists will also be very well received.

## **Job benefits and perks**

We will take you through intensive training to bring you up to the level needed for you to be confident with new clients, we will then continue weekly education and support to help you continually improve and to help handle new challenges with clients as they arise.

The success of Strong Women Can is dependent on the success of our coaches - which is why your ongoing education is so important for us, and why we ensure the gym is a fun, motivating place to work which breeds the best coaches possible.

We are growing very fast, and your role within the company will grow with us.

On top of that we also provide:

- A supportive environment and a positive team of people that genuinely care about you
- We manage burnout with a balanced diary structure
- A facility to train in
- Long term career opportunities to grow within the business
- Awesome clients who are fun and wonderfully rewarding to work with!

## **Internship**

At Strong Women Can, we run an Internship Program for new PTs. This is for the Personal Trainer that is qualified, however not yet at the stage where they have the ability or feel comfortable training “real life, paying clients”. If you think that this program may suit you, then please advise us so we can provide further information.

### **How to apply:**

If this is for you simply submit your CV and cover letter to Alice at [\*\*support@strongwomencan.com\*\*](mailto:support@strongwomencan.com)  
Please ensure your cover letter outlines the following:

- Your experience within the fitness industry as a trainer
- Your personal experience training for health and fitness
- Why you want to work with Strong Women Can
- What you're most passionate about when it comes to clients