



JOB DESCRIPTION

Women's Health and Performance Coach

Location: Strong Women Can, Highett

Role: Personal Trainer

Job Type: Casual

Salary: \$39 - \$55 per hour + super

About Strong Women Can:

At Strong Women Can, we believe in the extraordinary power of women. Our studio is not just a fitness centre, it's a sanctuary where women transform their lives through strength, education, and community. We offer tailored personal training programs, group sessions, and comprehensive health education to inspire and empower our members.

What Sets Us Apart:

We operate on a performance-based system that rewards trainers based on their level of competence. When you join our team, you'll undergo intensive training to equip you with the skills and knowledge needed to excel. We take care of the marketing and sales stress, allowing you to focus on delivering exceptional training experience and building your reputation. We understand the importance of work-life balance and will work closely with you to create an optimal timetable so that you can create a sustainable and fulfilling career in the fitness industry. Our strong team philosophy ensures that you'll be part of a motivated and successful group of individuals who support and inspire one another.

Job Description:

As a Personal Trainer at Strong Women Can, you will play a vital role in inspiring and guiding our members on their health and fitness journeys. Your responsibilities will include:

Personalised Training: Conducting one-on-one and group training sessions tailored to individual needs and goals. Providing expert guidance on proper exercise techniques and nutrition to optimise results.

Team Player: Contributing to weekly team meetings, supporting your colleagues, and assisting with the general upkeep of the studio.

Client Engagement: Building meaningful relationships with clients, offering encouragement and support throughout their fitness journeys. Creating a positive and motivating training environment.

Health & nutrition Coaching: Coaching our members on holistic health topics, such as hormonal health, nutrition, pelvic floor, mental well-being, and key health practices, ensuring our members have the knowledge to make informed, empowered decisions about their health.

Community Engagement: Building and nurturing a supportive and inclusive community within the studio, fostering a sense of belonging and empowerment among our members.

Member Education and Events: Contributing to and helping at workshops to educate our members about various aspects of fitness, nutrition, women's health and overall wellness. Your expertise will empower our clients to make informed choices about their health and fitness. This may also extend to weekend events, enhancing our members' experience and sense of community.

Continuous Improvement: Continuously researching industry best practices and implementing new methodologies aligned with our objectives. Staying updated on the latest fitness trends and incorporating innovative training methods into our programs.

Optional Job Add-ons:

Content Creation: Crafting engaging content for our social media platforms, blogs, and contributing valuable insights to our members' website and the official Strong Women Can website. Your contribution will help us inspire and connect with our online community on a deeper level.

Business, Sales and Marketing: Creating new business opportunities and/or managing sales and marketing projects to ensure we continually build our community and spread our message.

Qualifications:

- Genuine passion for helping women improve their physical and mental well-being
- Exceptional communication and interpersonal abilities.
- A deep understanding of women's health issues and a commitment to promoting holistic well-being.
- Motivational attitude with a commitment to enhancing the client experience
- Self-drive and a dedication to personal and professional development
- Strong organisational skills and adaptability
- Desire to be part of a motivated team and a community of like-minded women
- Experience in Strength Training and knowledge of popular training methods and techniques

To be considered for this role, you should have:

- Experience training paying clients for at least one year
- A commitment to your own strength training
- Certificate III and IV qualification in Fitness
- Current First Aid and CPR certification
- Registration with AUSActive (desirable, not essential)

What we bring to the table:

Our business is growing as we dream BIG. We are crazy about providing epic value to our community and changing lives! We empower our people to TAKE ACTION, TAKE RESPONSIBILITY AND BE PASSIONATE and that's what makes this an awesome place to work. Here, it doesn't feel like a job, we care about what we do and that's what connects us.

We encourage our team to bring fun to what they do and be 'uniquely them', so you'll fit right in. We expect you to seize opportunities to learn and grow and will support you to be the 'very best you'.

The extra stuff we know you want to know

We know how to celebrate our wins and we know not to sweat the small stuff. We care about three things – living on purpose, delivering results and enjoying ourselves, we believe that's all that really matters.

We are all about flexible working and, hand on heart, we practise work life balance. We'll give you the time you need to fill up your bucket and look after what's important.

Our culture is one of continual learning and we're so passionate about you fulfilling your potential, we'll subsidise your personal and professional development.