

Person Specification – Nutritionist and Lifestyle Change Coach		
Qualifications	Essential	Desirable
Food and nutrition, educated to degree level or equivalent that can be demonstrated e.g. a combination of qualifications and/or health sector work experience	✓	
Qualifications / training related to health & wellbeing e.g. mental health, physical activity, lifestyle change, motivational interviewing, health coaching etc.		✓
Registered nutritionist with Association for Nutrition (ANutr or RNutr)		✓
Experience	Essential	Desirable
Experience of working with the general public	✓	
Experience of working in the community		✓
Experience of working in a healthcare setting		✓
Experience of delivering lifestyle change interventions		✓
Experience of working with vulnerable people/those with mental health needs either in a paid, unpaid or in a volunteer role		✓
Experience of supporting people, their families and carers either in a paid, unpaid or volunteer role	✓	
Experience of data collection and providing monitoring & evaluation information to assess impact of services		✓
Experience of delivering nutrition education	✓	
Skills	Essential	Desirable
Ability to plan, develop and deliver food and nutrition related activities, groups and courses	✓	
Ability to cook healthy food to a good standard and run cookery courses and cook-and-eat together activities for groups of people of all ages and abilities	✓	
Ability to meet budgets and manage a small budget, e.g., for cookery courses	✓	
Ability to effectively and proactively sign-post people you work with into other KHL offers and Keighley community health services	✓	
Ability to manage day to day running and food hygiene, safety and equipment expectations of a small kitchen	✓	
Ability to lead and monitor & evaluate projects you are responsible for	✓	
Ability to promote the activities you lead on and work with the Comms Manager to recruit & achieve expected levels of attendance	✓	
Ability to work independently and manage your time	✓	
Ability to supervise and mentor occasional student work placements		✓
Excellent communication & presentation skills (written & oral)	✓	
Strong IT skills	✓	
Clear, polite telephone manner	✓	
Competent in the use of databases, Office and Outlook	✓	
Effective time management (planning and organising) and	✓	

the ability to provide leadership and to finish work tasks, meeting deadlines set		
Ability to work as a team member and autonomously	✓	
Excellent interpersonal skills	✓	
Problem-solving & analytical skills	✓	
Ability to follow policy and procedure	✓	
Commitment to reducing health inequalities and proactively working to reach people from all communities	✓	
Ability to identify risk and assess/manage risk when working with individuals	✓	
Strong awareness and understanding of when it is appropriate or necessary to refer people back to other health professionals /agencies, when the person's needs are beyond the scope of the role or when there is a mental health need requiring a qualified practitioner	✓	
Commitment to collaborative working with all local agencies (ability to work with others to reduce hierarchies and find creative solutions to community issues)	✓	
Knowledge	Essential	Desirable
Understanding and current knowledge of national guidance and deeper nutritional aspects of diet and nutrition related topics and resources, across the lifespan	✓	
Understanding of diet related health conditions and individual and community-based prevention approaches	✓	
Knowledge, experience and understanding of weight loss approaches, delivery techniques and resources	✓	
Basic understanding of importance of food growing, production and sourcing		✓
General understanding of the wider determinants of health including social, economic and environmental factors and the impact on the communities		✓
Good understanding of interventions, behavioural and motivational change methodologies		✓
Understanding of a co-design or co-production way of working with individuals and communities		✓
Knowledge of community development approaches, e.g. ABCD approach		✓
Knowledge of IT systems, including ability to use word processing skills, emails and the internet to create simple plans and reports	✓	
Good understanding of social prescribing and signposting		✓
Knowledge of motivational coaching and interview skills	✓	
Personal Attributes	Essential	Desirable
Driving license and own vehicle	✓	
Polite and confident	✓	
Flexible and cooperative, a supportive team player	✓	
Able to work independently, in the centre and as an out-reach person (with a limited support and supervision)	✓	
Ability to work under pressure	✓	

Motivated	✓	
Forward thinker	✓	
High levels of integrity and loyalty	✓	
Non-judgemental, sensitive and empathetic able to demonstrate emotional resilience in difficult or distressing situations	✓	
Able to get along with people from all backgrounds and communities, respecting lifestyles and communities	✓	
Ability to communicate effectively, both verbally and in writing with people, their families, carers, community groups, partner agencies and stakeholders	✓	
Other requirements	Essential	Desirable
Able to drive and access to own transport and ability to travel across the locality on a regular basis	✓	
Flexibility to work outside core office hours	✓	
Disclosure Barring Service (DBS) check	✓	
Attend training as required, including GDPF and safeguarding	✓	