

# Personal Training Position Available

Do you want to make a real difference in people's lives? Do you believe that you need to incorporate more than exercise to make lasting changes? Are you passionate about functional training?

If you answered 'yes' to the above questions then I would like to consider you to be an Exercise, Nutrition and Lifestyle Coach.

## **Position Description for Exercise, Nutrition and Lifestyle Coach**

If you have received this information, it is because you have enquired about a personal training position with Core Health Coaching.

### **About Us**

Core Health Coaching is an independent personal training business and has been in operation for over 3 years. We are currently looking to expand our team. We conduct 45 min and 1 hour one-on-one sessions, outdoor group sessions, Strength and Fitness Programs and Nutritional and Lifestyle Consultations.

Our business is located in Wishart on the Southside of Brisbane. We are boutique style personal training studio that offer 5 distinct services differences from other personal training organisations and live and work to a high ethical and service standards. Our point of differences is –

1. Integrated/holistic approach
2. Comprehensive assessments
3. Functional Training
4. Amazing value
5. Superior technical knowledge

### **How our business operates**

Our Coach's are on a contract basis; this means that they are paid for the sessions that they work. We have a performance based system that rewards our Coach's, quite simply the more hours you do, the more you get paid.

Our Coach's operate like they are "running their own business, inside a business" and the successful ones treat it like it is their own business! That is, they train the clients that we provide them with, as well as having the ability to prospect additional clients.

When a new Coach starts with us, they start with zero or a limited number of sessions, and then we quickly seek to build that trainer up with sessions. We shoot first, and then aim second. Generally, this provides the best environment for a new team member to grow into and understand the culture of Core Health Coaching.

With this in mind, it is advised that all new PT's make themselves as available as possible in the beginning as it is not uncommon to be doing a 5:30am, 11am & 7pm PT session in the one day! Of course, as our Coach's get better, they are able to "clump" their session times.

We have a strong team philosophy and are looking for people that want to move to the top of the Personal Training field as part of a successful and motivated group of individuals.

#### **Our ongoing requirements including:**

- Weekly catch up's
- Monthly team meetings and professional development workshops
- Complimentary initial PT sessions
- Effective communication to clients and the Owner via email and other technology
- Team outings and team building events

#### **Experience**

We are looking for PT's that have had experience in actually training clients. How much experience is not critical, what is critical is for you to have the willingness to learn and develop as part of a team. Of course, as we do start our PT's with "real life" clients, we need to guarantee that each PT is technically competent to be placed with that "real life, paying client"

#### **Internship**

We do run an internship program for PT's. 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 client". If you think that this program may suit you, then please advise us so we can provide further information.

### **Qualifications**

We do require our Coach's to have the following –

- Certificate IV in Fitness
- Current First Aid Certificate and CPR
- Registered with Fitness Australia
- Current public liability and professional indemnity cover
- Preferred – Blue Card

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

- To be self motivated and have a strong passion to learn and grow.
- To treat their role at Core Health Coaching like it is their own business
- To have some experience in sport, health and fitness, nutrition and strength training techniques.
- Want to be part of a motivated team.

### **Looking forward to hearing from you**

If you believe the above fits with you, please take the next step in becoming a Coach with us and joining our great team!

Yours in health,

*Cameron Corish*

Cameron Corish  
Owner Core Health Coaching