



## WELLNESS COACH | JOB DESCRIPTION

**Organization:** Giving Others Dreams (G.O.D.)

**Location:** South Chicago, Illinois

**Program Focus:** Violence Prevention, Youth Development & Community Wellness

### Position Summary

The Wellness Coach provides individual and group-based wellness coaching to promote participants' physical, emotional, and mental well-being. Using trauma-informed practices, the coach supports stress management, emotional regulation, healthy lifestyles, resilience, and positive coping skills for justice-impacted youth and community members. The role supports violence prevention and workforce readiness through coordinated wellness programming.

### Essential Duties and Responsibilities

1. Conduct participant wellness assessments and develop individualized wellness and stress-management plans.
2. Provide one-on-one coaching and facilitate group workshops on mindfulness, emotional regulation, stress reduction, nutrition, fitness, and self-care.
3. Use trauma-informed strategies to support participants affected by community violence and other stressors.
4. Integrate conflict resolution, anger management, and positive decision-making into wellness activities.
5. Collaborate with program managers, case managers, and outreach staff to incorporate wellness into mentoring, outreach events, and daily programming.
6. Coordinate referrals to qualified behavioral health or community providers when additional support is needed.
7. Maintain accurate session notes, attendance records, participant progress updates, and grant-related documentation.

### Minimum Qualifications

- Experience in wellness coaching, community health, youth development, or a related field.
- Knowledge of trauma-informed practices, stress management, and emotional regulation.
- Experience working with justice-impacted youth or communities affected by violence preferred.
- Strong facilitation, communication, documentation, and confidentiality skills.

### Expected Deliverables

- Individual wellness assessments and personalized wellness plans.
- Scheduled individual coaching sessions and group wellness workshops.
- Participant attendance, service records, and progress tracking.
- Monthly activity summaries and reports; pre- and post-assessments when applicable.
- Documented referrals and coordination with program staff.

### Expected Outcomes

Improved emotional well-being, coping strategies, stress-management skills, and engagement in violence prevention and personal development programming.

**Scope of Services:** Wellness coaching and education do not replace clinical mental health treatment. Participants requiring clinical care will be referred to qualified professionals.

### How to Apply

Submit your updated resume to [celiac@givingothersdreams.info](mailto:celiac@givingothersdreams.info). Use **Wellness Coach** as the email subject line and include your contact information in your application. Qualified candidates may be contacted regarding next steps.