

Reaching Out Across Durham Health Trainer Person Specification

| | Essential | Desirable | Identification Code I = Interview A = Application Form |
|--|-----------|-----------|--|
| Education & Training | | | |
| Relevant vocational qualification to level 3 or equivalent | | • | A |
| City & Guilds Health Trainer Level 3 (VRQ Level 3) | • | | A |
| RSPH Level 2 Understanding Health Improvement | • | | A |
| Knowledge of Equality & Diversity agenda/ legislation/DDA | • | | A & I |
| Experience & Knowledge | | | |
| Minimum of 12 months experience of working or volunteering in the locality | • | | A & I |
| An understanding of the factors affecting health and wellbeing | • | | A & I |
| Knowledge of health and lifestyle issues across County Durham | | • | A & I |
| Successful experience of working with people to make positive changes | • | | A & I |
| Experience of supporting group workshop activities | | • | A & I |
| Experience of supporting volunteers and assisting them to develop | | • | A & I |
| Skills and competencies | | | |
| Excellent communication, interpersonal and listening skills | • | | A & I |
| Ability to influence, negotiate and motivate individuals in relation to health related behaviours | • | | I |
| Ability to act upon own initiative, respond to changing situations | • | | A & I |
| Ability to collate information and prepare reports | | • | I |
| Good organisational and ability to manage own time management effectively | • | | A & I |
| Sound understanding of the challenges faced by those with poor health literacy and the ability to support individuals to develop appropriate skills | • | | I |
| Other requirements | | | |
| Ability to independently travel across County Durham | • | | A |
| Flexibility and ability to work outside normal hours including evenings and weekends | • | | I |
| Team player | • | | A & I |
| Sympathetic, pleasant manner with the ability to negotiate changes with a wide range people and at all levels whilst actively promoting the 5 ways to wellbeing. | • | | I |
| Ability to work with people from a range of backgrounds and handle information sensitively | • | | I |