



## GROUP FACILITATOR

Generation Health is a childhood healthy weights family based healthy lifestyles program developed by the Childhood Obesity Foundation (COF) and delivered in partnership with local delivery sites. The 10 week program addresses healthy eating, physical activity, mental health and sleep through behaviour change and parenting skills. The program sessions combine theory and activity opportunities delivered by a team including a Group Facilitator, a Physical Activity Facilitator and a Program Assistant.

The 10 week program consists of a weekly 2-hour session with both classroom theory time and gym activity time. In addition, there will be up to four additional facilitated family activity sessions over the 10 weeks.

### Duties include:

- Attend training workshop for the program
- Participate in regular pilot program delivery team meetings to support the ongoing implementation of the program
- Develop a thorough understanding of program delivery model and resources
- Participate in quality assurance procedures
- Maintain a good understanding of and implement local sites' policies including Health and Safety, Child Protection, Data Protection, and Anti-bullying policy
- Maintain client confidentiality according to established policy
- Coordinate and deliver program sessions along with Physical Activity Facilitator and Program Assistant
- Participate in and support program evaluation activities, which may include providing evaluation documentation and focus group participation.
- Performing related duties as required

### Required skills and knowledge:

- Proven ability to coordinate, administer, implement, and promote a variety of training and educational programs
- Experience in delivery of educational programs to adults, children and families, including direct facilitator and training skills
- Excellent interpersonal, organizational, and communication skills
- Proven ability to develop and maintain effective cooperative relationships
- Able to work a flexible schedule

### Desired training and experience:

- Minimum of Diploma or Bachelor's degree in youth development, nutrition/dietetics, kinesiology, recreation, education, adult education, public health or related fields
- HIGH FIVE training and/or YMCA Healthy Child Development considered an asset
- 2 to 3 years progressive work experience
- Successful completion of a criminal record check

### Hours and Compensation:

- Up to 100hrs per delivery cycle @ \$35 per hour (includes delivery time and prep time)