



**SWYDD**  
**VACANCY**

# HEALTH, FITNESS AND WELLBEING ADVISER

**Human Resources Department – flexible location**  
**Permanent, 37 hours per week**  
**NWFRS Grade 08 - £32,234 to £34,728 per annum**

We are looking for a Health, Fitness and Wellbeing Adviser to join our team. As a qualified Fitness Instructor you will lead in the delivery of physical fitness monitoring and the associated education of operational firefighters. You will have the ability to design and deliver tailored exercise programmes for body weight management and improving aerobic capacity. You will play a pivotal role in the health and wellbeing of our most valuable resource, our staff. As Line Manager of a small team, it is important that you can be both hands on and also coordinate, develop and promote the physical and mental wellbeing of employees across North Wales.

The Human Resources Department is located in our Headquarters in St. Asaph. Covid-19 has meant that we are all currently working more flexibly and remotely. We welcome applications from candidates who may wish to continue to work in this way.

Applicants will need to demonstrate (with evidence) the skills, as outlined in the job description and Person Specification including:

## Essential Requirements

- Degree or equivalent in Sports Studies or related subject.
- Register of Exercise Professionals (REPS) Accredited Level 2 Certificate in Fitness Instructing or higher.
- Up to date knowledge and awareness of matters relating to physical fitness and nutrition.
- Intermediate IT skills, to include a working knowledge of Microsoft Word, Excel, Outlook, plus the ability to extract data and produce accurate, clear reports in a timely manner.
- Evidence of continuous professional development
- Full clean drivers licence with the requirement to travel across North Wales, and attend meetings in the UK, as and when required.
- A developed understanding of various mental health conditions and of the challenges these may present to an individual.
- An understanding of how health and wellbeing can help create positive working environments for the good of both employees and the Service.
- Experience of supervising and motivating others.
- Proactive and innovative approach to work.
- Level 2 Welsh: speaking and listening - the ability to hold a simple conversation in Welsh is essential for this post (to be achieved within a 12 month probation period if not already demonstrated on application - support will be provided as appropriate)

Further information about the role, including job description and application pack, is available on the North Wales Fire & Rescue website or by emailing: [hrdesk@nwales-fireservice.org.uk](mailto:hrdesk@nwales-fireservice.org.uk)

**Closing date for receipt of application forms is 12.00 noon, 26 November 2020.**

The closing date will be strictly adhered to and no exceptions will apply.

*We are an equal opportunity employer and welcome applications from all sections of the community. We welcome correspondence and calls in Welsh and English and we will respond equally to both and will reply in your language of choice without delay.*

