



Colby Sawyer
College

Exercise and Sports Science Fellowship Position Description

Fellowship Organization: New England 360 Fitness

Fellowship Position Title: Health Coach/Wellness Trainer

Fellowship Address: Online

Fellowship Supervisor Name: Karen Koutsavlis - karen@ne360fitness.com



Fellowship Organization Information:

New England 360 Fitness has been providing practical solutions for a healthy lifestyle to men and women all over the world since 2013.

Our mission is to drive organizations and their employees to be stronger, healthier, and more successful than ever. We do this by providing comprehensive wellness programming for businesses and organizations of all sizes in any location with internet connection.

We also offer individual and group health coaching for men and women who strive for excellence professionally, and struggle with the challenges of balancing a healthy lifestyle.

We are growing our online community to build awareness that you can lead a successful, happy life without sacrificing your health.

Fellowship Responsibilities:

Meets or exceeds our expectations to over-deliver to our clients.

Leads presentations/workshops on a variety of health-related topics and confidently answers questions from participants.

Conducts assessments, surveys and provides feedback/suggests next steps.

Creates personalized programming based on the needs of each client.

Provides Wellness programming and coaching that includes fitness, nutrition, stress management and sleep.

Designs and presents special population recommendations for exercise & nutrition through online education classes and programs.

Some administrative work required (updating online portal, attendance, time-tracking, etc.)

Assists with community outreach/networking to recruit a wider range of businesses and organizations.

Additional program responsibilities as needed.

Qualifications / Pre-requisites:

Bachelors degree.

First Aid/CPR AED certified.

Proficient on a computer - will train on New England 360 Fitness specific software.

Must have a positive attitude, be willing to learn, and like to have fun.

Tentative Fellowship Schedule:

New England 360 Fitness operates on a flexible, business schedule. Most business is conducted Monday-Friday between the hours of 9:00am and 5:00pm however there are exceptions when work may be required on a weekend or before/after normal business hours.

Most programming is delivered online through a private portal however some activities may be onsite at a local business within the New Hampshire, Maine, or Massachusetts areas.

It is a priority of ours to practice what we preach and encourage anyone who works with us to make time to manage their health and wellbeing.