



Community As Medicine Training Program

National Board for Health & Wellness Coaching (NBHWC)-Approved Training & Education Program



Open Source Wellness' 20-week Community As Medicine Training Program prepares students to help improve health and wellbeing for individuals, groups and organizations by utilizing evidence-based relational/behavior change skills and approaches in a variety of settings.

Our fully online certificate program combines a live online curriculum focused on experiential learning, as well as three mentored coaching sessions with individualized feedback.

Experienced, bilingual instructors with significant health and wellness coaching backgrounds will provide thorough, development-focused evaluations and individual feedback.

In addition to the required skills and knowledge to complete the national board exam, Open Source Wellness coaches will receive unique training in:

- **Cultural humility:** Students will learn how to provide coaching that honors and uplifts a person's identities related to race and ethnicity, gender, sexual orientation, socioeconomic status, education, social needs, and others.
- **Trauma informed coaching:** Students will understand the impact of individual and collective trauma in clients' experiences and challenges, provide support and guidance around resilience and solution-forward action, and provide referrals for more specialized support when indicated.
- **Group coaching:** In addition to individual coaching, students will learn group coaching skills and flow. Group coaching allows for a broader network of accountability and support, as well as creating a pathway for more affordable and broad-reaching impact.

Coach Training Faculty Opportunities at Open Source Wellness

Open Source Wellness is not your average place to work! We are a vibrant community that emphasizes fun, connection, honesty, learning, and support. This is a dream job for someone who is excited to uplift new coaches; someone who is passionate about increasing access to health and wellness in underserved populations.

Where & When: This is a virtual position that requires availability Wednesdays 4-6pm PST, some weekend days, and additional availability throughout the week for meetings.

Requires: National Board Certification, 3 years of coaching experience, and master's degree in a health and wellness-related field, or a bachelor's degree plus a license/registration in a nationally recognized health and wellness-related field.

Please read the description below and our website (www.OpenSourceWellness.org) before applying. Thanks for your interest! We look forward to connecting with you.

To Apply:

Please send an email to Rachel@OpenSourceWellness.org that includes your **resume** and **video cover letter!** Please answer the following questions in a video. The video should be about 2-5mins and give a real sense of who you are. Casual and unrehearsed is very welcome!!

- 1) What attracts you to the Community as Medicine Training Program and Open Source Wellness?
- 2) What experience do you have in the Health & Wellness field? For example, what 1 or 2 areas do you feel particularly expert in?
- 3) What do you love about teaching?

Please submit the video as an email attachment, google drive link or unlisted youtube link. Please feel free to reach out with any questions about the application process or the position.

Our Faculty work in the following capacities:

1. Developing curriculum- We have a complete curriculum and there is opportunity to modify the content and delivery. We are looking for someone who wants to redesign portions of the Health & Wellness sections.

2. Synchronous teaching- We value a teaching style that embodies clarity and precision of content, as well as humanity and vitality. We have a unique teaching environment that aims to

uplift the lived experiences of our students and use the questions that arise in the classroom as teachable moments and opportunities for experiential learning. This is a role for someone who is comfortable teaching beyond the powerpoint slides, with authenticity, good group management and discernment about provocative topics.

3. PSAs (OPTIONAL).- Faculty will supplement direct teaching with Practical Skills Assessments throughout the Program. The faculty member discerns the level and needs of the student, delivering feedback using a coaching methodology with an emphasis on de-shaming, specificity, experiential feedback, and self assessment. We also aim to celebrate a wide range of cultural and personality expressions within a context of highly effective coaching.

Candidate requirements:

- Must be a Nationally Board Certified Health & Wellness Coach (NBC-HWC)
- Must have at least 3 years of health coaching experience
- Must have a master's degree in a health and wellness-related field, or a bachelor's degree plus a license/registration in a nationally recognized health and wellness-related field.
- Comfort with learning new platforms such as google suite, slack, zoom and Kajabi
- Clear and timely communication skills
- Must be available Wednesdays 4-6pm PST and some weekend days

Very nice to have:

- Experience working with medically underserved communities
- Interested in growing with Open Source Wellness in the long term and getting involved in other areas of the organization
- A passion for powerpoint and designing curricular artifacts

Open Source Wellness is an Equal Opportunity Employer. We welcome all those committed to making a difference in the wellbeing of our communities; people of color, those who speak Spanish (or another language), and mid-career individuals enthusiastically encouraged to apply!

Payment: The starting range for this position is in the range of \$25/hr including teaching, preparation, and administrative tasks. Minimum hours would be an average of 4hrs/week during the health and wellness sections with many opportunities for additional engagement. There are different benefits available depending on if the arrangement is salaried or hourly, employee or contractor, which is determined by the size of the role.

To Apply: Please send an email indicating your interest, along with your resume/CV and video cover letter, to Rachel@OpenSourceWellness.org