HealtheSteps

HealtheSteps Coach – LFS 496 W1 Term

Mentor: Claire Styffe
Position Location: 5950 University Boulevard, Vancouver, BC V6T 1Z3
Hours: Winter Term 1, September-December 2023, 9 hours per week
Credits: 3 credits

Course Background
The Career Development Course aims to engage UBC students with their local food system and create opportunities to experience the working environment of a food sustainability focused organization. Students work alongside their mentor, food systems practitioners and faculty to increase their understanding and knowledge of food systems work, from organic agriculture to food production methods, food-focused community engagement, and business management.

Specific Duties
The HealtheSteps Coach student will work on the following tasks:
- Become trained as a HealtheSteps coach, and learn how to discuss healthy eating, physical activity and exercise, mindfulness and time in nature.
- Work one-on-one with assigned participants. The student will meet participants over Zoom or phone, figure out where they are at, help them set goals, and work with them to develop plans to achieve these goals.
- Complete additional curriculum development duties, such as developing resources to support healthy eating practices.

Learning Goals
- The student will learn how to introduce various health concepts, determine the baseline state of their participant, and how to set goals in the areas of healthy eating, physical activity and exercise, mindfulness and time in nature. They will become familiar with principles of co-active coaching.
- If students are interested in pursuing counseling in their future careers, or working one-on-one with patients/clients to develop personalized plans of action, this placement may be beneficial.
Qualifications

- Must be a UBC student intending to register for LFS 496 for Winter Term 1
- Must pass a criminal record check for working with children and vulnerable populations
- Interest in and willingness to learn about urban farming, community education and nonprofits
- Education and/or experience in gardening, farming, ecology, or related fields preferred
- Willing to work outdoors in all weather conditions
- Able to follow policies and procedures to ensure participant and staff health and safety

How to Apply

Submit a resume and cover letter to clairestyffe@ubc.ca.
All applications should clearly refer to the “LFS 496 Career Development Course” when applying.
The cover letter should include an introduction, share why you want this position, and what you hope to gain from the position if accepted. Cover letters should be no more than 500 words.
Application deadline August 15th, 2023.

About HealtheSteps

HealtheSteps is a healthy lifestyle program run out of UBC. Participants are paired with a coach who works with them one-on-one, in a virtual capacity, to take them through the program and help them set and achieve personalized health goals. Coaches work with participants in the areas of healthy eating, physical activity and exercise, mindfulness and time in nature.
Learn more at https://healthesteps.ca/