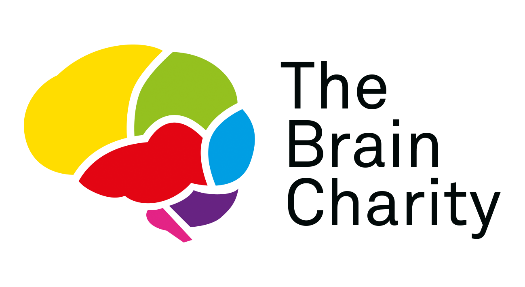
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**Job Description**

**Job Title:** Freelance Personal Trainer

**Salary:** £20-25 per hour (dependent on experience)

**Contract:** 12 month Freelance

**Base:** Neuro Gym, The Brain Charity, Norton St, Liverpool L3 8LR

**Hours:** 10 to 16 hours per week

**Start:** January 2025

**Responsible to:** Gym Supervisor

**Background to The Brain Charity**

Life for any of us can change in an instant. Experiencing a road traffic accident, a major stroke, or being diagnosed with dementia can happen completely unexpectedly and can change our lives forever. There are hundreds of different neurological conditions including stroke, brain tumour, brain injury, Cerebral Palsy, M.S., M.E., FND, Alzheimer’s, and many rarer ones too. The Brain Charity offers emotional support, practical help, and social activities to anyone with a neurological condition and to their family, friends, and carers.

**Role Summary**

The Freelance Personal Trainer will deliver 10 to 16 hours of exercise classes and gym sessions per week. They will be responsible for implementing fitness programs from the Gym Supervisor or Physiotherapist tailored to the needs of individuals with neurological conditions. The trainer will work closely with clients to help them achieve their fitness goals, improve their physical health, and enhance their overall well-being.

**Main Tasks:**

* **Supporting Individuals:** Provide personalised fitness training and support to clients with neurological conditions.
* **Leading fitness sessions:** Motivate and support clients to achieve their fitness goals.
* **Managing & Maintaining Resources:** Ensure all fitness equipment is used safely and maintained in good condition.
* **Data Collection & Record Keeping:** Maintain accurate records of client progress and session attendance.
* **Relationship Building:** Build strong relationships with clients to foster a supportive and encouraging environment.

**Working Conditions:**

The role will be based at the Neuro Gym at The Brain Charity, Norton Street. Personal Trainers must be able to meet the physical demands of the job, including demonstrating exercises and assisting clients with their workouts. Personal Trainers must also be able to demonstrate the core competencies of the in-house manual handling training provided. There will be times when you are the sole First Aider in the gym, so you must be able to conduct CPR and other appropriate First Aid interventions independently. The work environment can be varied and unpredictable, requiring trainers to be adaptable and resourceful.

**Person Specification**

|  |  |  |
| --- | --- | --- |
| **Area** | **Detail of requirements** | **Essential / Desirable** |
| Qualifications | Relevant fitness qualifications (minimum Level 3 Personal Trainer certification)  Up to date First Aid certification (Level 3)  Level 4 Personal Training qualification  Disability related exercise qualifications | E  E  D  D |
| Skills & abilities | Good organisational skills  Strong communication and people skills  Ability to motivate and inspire clients | E  E  E |
| Personal attributes | Confident and outgoing  Personable and empathetic  Commitment to equal opportunities  Resilient and resourceful | E  E  E  E |
| Knowledge & Experience | Experience working with individuals with neurological conditions  Knowledge of the health and fitness sector | D  E |
| Other | Satisfactory completion of an enhanced DBS Check  Commitment to the Mission and Values of The Brain Charity  Willingness to undertake in-house Manual Handling Training | E  E  E |

**Our mission & values**

**Our mission**

Our Mission is to enable all those affected by neurological conditions to live longer, healthier, happier lives in an inclusive and fair society – a world where stigma, hardship and isolation are replaced by compassion, understanding and opportunity.

**Our values**

The Brain Charity strives to apply the following values in its work:

**Kindness**

We genuinely welcome everyone to our charity and believe that each person has a unique talent and the ability to make the world a better place.

**Commitment**

We will travel side by side with everyone throughout their journey no matter how complex, how long or how difficult. We roll up our sleeves whenever and wherever we need to.

**Authenticity**

We accept and understand that the broadness of our own diversity and personal experience impacts directly on the level of quality and passion delivered within our services.

**Courage**

We will challenge the status quo, welcome change and bravely take on any new challenges in the spirit of adventure.

**Optimism**

We believe that equality for people with neurological conditions is now within reach and we will strive each and every day until prejudice and lack of opportunity are removed from our society.