

Healthy HENS Wellness Coaches

HENS Coaches are peer educators that work with the Healthy HENS program at Student Health Services. Coaches work closely with the Healthy HENS Program Coordinator and Graduate Assistants. The Coaches' primary responsibility is to promote nutrition and exercise behaviors to students on the University of Delaware campus. They do this through providing health information campaigns, assisting with campus wide health and wellness initiatives, providing information and resources to students and promoting and modeling a healthy lifestyle.

Responsibilities:

- Work with the Program Coordinator and Graduate Assistant in the development and implementation of health and wellness outreach programs.
- Create and market brochures, posters, and kits for Healthy HENS events.
- Manage the Healthy HENS Facebook page with supervision.
- Distribution of posters, brochures, and other promotional materials.
- Staff Healthy HENS events including tables, programs, and events.
- Prepare and present programming to residence halls, club meetings, and the UD campus.



Required Skills:

- Extremely strong communication skills: active listening, public speaking, small group, and one-on-one interaction.
- Strong writing skills.
- Organizational skills.
- Computer skills: All MS Office programs
- Working productively in a team atmosphere.

Additional Requirements:

- Healthy HENS Coaches represent Healthy HENS and Student Health Services. Coaches serve as role models for leading healthy lifestyles on our campus. Coaches must report any Code of Conduct violations to the Program Coordinator. Depending on the severity of the violation, your employment as a Healthy HENS Coach may be up for review.
- This position may require a criminal background check.

Healthy HENS Coaches are required to work 6 hours per week, including but not limited to time spent preparing presentations, one-on-one and group sessions, and Healthy HENS sponsored events. Evening hours are definitely required. For-credit internships and practicum experiences are available, depending on academic department. Contact Michelle Ness, Program Coordinator, for more information.

healthyhens@udel.edu or 302-831-2226.