

# Health Coach Sample Job Listing

## DESCRIPTION

The California Center for Functional Medicine (CCFM) was created by Chris Kresser, M.S. L.Ac and Sunjya Schweig, MD in 2014. CCFM's mission is to create an internationally recognized center that provides treatment options for patients who have traditionally not been well served by the medical system.

CCFM is seeking a nutritionist and/or health coach to work alongside Chris, Dr. Schweig, and the other CCFM clinicians to provide an additional layer of support for patients. You will be responsible for providing in-depth dietary and lifestyle advice, based on the clinicians' diagnosis and treatment plans, and supporting patients with implementation and compliance.

## JOB REQUIREMENTS

- Expertise in Paleo-style nutrition and lifestyle factors such as stress management, sleep, and physical activity
- Familiarity with Chris Kresser's work and methodology (i.e. you've read his book and blog articles, and listen to his podcast)
- Familiarity with functional medicine laboratory assessments
- Ability to customize diet and lifestyle prescriptions based on individual circumstances, needs, and health status
- Ability to analyze a patient's diet and make targeted suggestions for increasing nutrient density and optimizing macronutrient intake
- Supportive, empathetic presence and excellent communication skills

## THE IDEAL CANDIDATE WILL:

- Have experience working in a medical practice (functional and/or integrative medicine preferred)
- Be extremely detail oriented
- Be resourceful and self-motivated
- Be able to work remotely in a fast-paced environment with a distributed team
- Be tech-savvy and able to learn new programs quickly
- Possess self-awareness and integrity
- Treat patients with empathy and compassion. Our patients are frequently quite sick, and need supportive interactions with staff
- Support and respect other team members

- Value work-life balance and self-care
- Share our vision of a healthier, happier world

### **EDUCATION AND EXPERIENCE**

A health coach must have a bachelor's degree in public health, exercise physiology, nursing, dietary or a related field. Apart from this, a minimum experience of two to three years in health promotion, wellness, or health education is required. Certifications in nutrition and/or health coaching from an accredited professional or institute is also preferred.