



Health and Wellbeing Coaching 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 develop their coaching, communication and leadership skills; someone who is passionate about increasing access to health and wellness in underserved populations, especially the Latinx community.

Where & When: This is a hybrid virtual/in-person position. Must be consistently available to commute to the Hayward Wellness Center, Hayward (Southland Mall) Tuesdays 8:30am-12pm each week. Also requires virtual availability 5-8pm on Wednesdays. Other in-person locations in the Bay Area could be added throughout the year.

Requires: Fluent Spanish, vaccination records in line with the Clinic's requirements including COVID Vaccine + Booster, Flu Shot seasonally, and TB test.

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 cover letter stating your interest in Open Source Wellness specially and fit for this position. **Applications without cover letters will not be considered.**

Introduction

Open Source Wellness (OSW) is a “behavioral pharmacy” where basic, trans-diagnostic health behaviors are taught and practiced. Representing the next generation of clinical-community integration and behavioral medicine, OSW is a delivery system for the health practices that underlie physical and psychological health and wellbeing. The core programming consists of movement for all fitness levels, basic mindfulness and stress reduction, nutritious family-style meals (plant-based), and facilitated social support and connection, and is largely facilitated by health coaches in an intensive cohort-group model. Open Source Wellness is refining models that are based in clinical settings, low-income housing communities, and open-access community settings, and aims to support sustained health behavior change, foster meaningful social connection and belonging, and offset substantial downstream medical costs via community-based generation of the factors upstream from health.

*IMAGINE THIS: A doctor informs a patient that she has a chronic disease: pre-diabetes, obesity, cardiac disease, or depression. Instead of saying: “Eat better, move more, here’s a handout, good luck!” - the physician says: “I’ve written you a different kind of prescription – I think of it as a **Behavioral Pharmacy**. It’s not a class –or a lecture – it’s a community dedicated to wellbeing where members actually cook healthy food, do fun physical movement, and learn stress-reduction together. Once you’ve completed your 3-month prescription, they will help you connect with others in your neighborhood who get together to practice– in fact, there are peer-led gatherings in schools, community centers, and even right here in our clinic – and your whole family is always welcome to join you.”*

Our mission is to transform health outcomes and health equity by creating integrated clinical-community channels for individuals and families to find workable, affordable, and sustainable health behavior solutions. **Our coaches work with OSW in the following capacities:**

1. Facilitating group coaching and comprehensive wellbeing sessions. They will engage with members of their group in discussion about their current health issues and wellness goals for the future. Coaches participate in physical movement, mindfulness, and a meal alongside participants (meal only for in-person sites). Coaches guide their small coaching groups in facilitated conversation about health and wellbeing goals, challenges, and practices.
2. Forming relationships with group participants to help them foster change in their lives. OSW coaches extend their support by making themselves available for communication and check-ins throughout the week via phone and/or text.
3. Participating in the Referral Call Team. Coaches will call patients who have been referred from the clinics, provide logistical support (such as paperwork or zoom training) to enroll them in our programs, complete 1:1 individual coaching sessions (up to 4 per patient) as necessary.
4. Contribute to the Organization broadly. Attend weekly staff meetings including monthly professional development and peer-led education on Justice, Equity, Diversity and Inclusion. Participate in mentorship and training, and contribute to projects such as curriculum development and systems design. Communicate consistently with integrity and commit to being the change we’d like to see in the world regarding wellness, justice and equity.

Candidate requirements:

- Fluent in at least English and Spanish; and comfortable coaching in both English and Spanish
- Local to the East Bay and able to commute to locations as necessary

- Have at least one year of health coaching experience
- Willing to comply with clinic vaccination requirements
- Comfort with learning new platforms such as google suite, slack, zoom and monday.com
- Clear and timely communication skills

Very nice to have:

- Health coach certificate from an NBHWC approved training program
- Be an NBC-HWC

Opportunities to grow into leadership positions! Opportunity to achieve National Board certification with all training costs covered.

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! This position requires fluent Spanish.

Payment: The starting range for this position is \$45-50K annually, with opportunities for 32hr/week or 40hr/week full time positions.

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