

# MEND SK Delivery Team

## Program Leaders

### Job Description

#### **APPLICATION DEADLINE**



## **MEND (Mind, Exercise, Nutrition...Do it!)**

MEND is a comprehensive, family-based educational program that has been specifically designed to help children who are above a healthy weight and their families improve their health, fitness and self-esteem. This healthy lifestyle program combines physical activity, healthy eating and behaviour change to facilitate safe, effective weight management and lasting lifestyle change. MEND has engaging, age appropriate programs for children between the ages of 2-13 years. MEND SK is funded by Saskatchewan Blue Cross and the Community Initiatives Fund. The program is administered and delivered by the College of Kinesiology, University of Saskatchewan in partnership with the Colleges of Pharmacy and Nutrition, Nursing and Medicine.

## Role

The MEND Program Leaders' primary responsibility is to deliver the MEND program(s) to children and their parents/caregivers. Leaders must have the ability to engage, connect with, and support the MEND families in leading a healthier lifestyle. Each MEND program has two key Program Leaders – the **Parent & Caregiver / Theory Leader** (nutrition and mind sessions) and the **Physical Activity / Play Leader**.

The MEND Program Leaders will report directly to the MEND Regional Program Manager.

## Responsibilities

Within each position you will be responsible for a wide range of duties including, but not limited to the following:

### ♥ **Parent & Caregiver / Theory Leader:**

- ♥ Responsible for the planning & delivery of theory sessions (mind and nutrition) and facilitates parent/caregiver discussions.
- ♥ Able to communicate information and facilitate discussion in a safe, supportive and non-judgemental manner.
- ♥ Works with other Delivery Team Members to complete the collection & recording of data at two Healthy Growth Check sessions.
- ♥ Able to work in collaboration with the rest of the MEND Delivery team

### ♥ **Physical Activity / Play Leader:**

- ♥ Responsible for planning and leading the physical activity / play component of each session.
- ♥ Leading activities that engage and connect with the MEND children and/or the families while creating a safe non-judgemental environment.
- ♥ Leading activities that are enjoyable and age / skill appropriate.
- ♥ Works with other Delivery Team Members to complete the collection & recording of data at two Healthy Growth Check sessions.
- ♥ Able to work in collaboration with the rest of the MEND Delivery team

## Qualifications

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| <b>Experience</b>                         | <ul style="list-style-type: none"> <li>♥ Having a background in (preferred) or having experience in one of the following areas: physical activity, nutrition, recreation therapy, early childhood education, behavioural health psychology, or health promotion.</li> <li>♥ Working with groups and engaging children and their families</li> <li>♥ Experience working with children, youth &amp; families (asset)</li> <li>♥ <b>Theory Leaders:</b> Group facilitation skills and experience, especially with youth and families is considered an asset</li> <li>♥ <b>Physical Activity Leaders:</b> Prior involvement in instructing physical activity or exercise sessions is considered an asset</li> </ul> |
| <b>Education</b>                          | <ul style="list-style-type: none"> <li>♥ Preference given to post-secondary education students / graduates within Kinesiology, Nursing, Pharmacy &amp; Nutrition, Education, Therapeutic Recreation, or Early Childhood Education</li> <li>♥ First Aid &amp; CPR (required for Physical Activity Leaders)</li> <li>♥ Safe Food Handling Certificate (asset)</li> </ul>  |
| <b>Skills, Abilities and Requirements</b> | <ul style="list-style-type: none"> <li>♥ Enthusiastic and empathetic</li> <li>♥ Organized and punctual</li> <li>♥ Passionate about healthy eating, physical activity and living a healthy lifestyle</li> <li>♥ Be able to take on a leadership role while working in collaboration with the rest of the MEND Delivery team</li> <li>♥ <b>Successful candidates will be required to complete a criminal records check (including vulnerable sector) prior to start of employment</b></li> <li>♥ Attend a mandatory training session</li> <li>♥ Primarily involves evenings and weekends</li> </ul>   |
| <b>Wage</b>                               | <ul style="list-style-type: none"> <li>♥ \$20-\$25/hour</li> </ul>  |

Please submit your resume and cover letter outlining your experience via e-mail to:

[mend@usask.ca](mailto:mend@usask.ca)

**Call: 1-844-899-MEND(6363)**