

# Health and Wellness Coordinator

<p><b>Overview</b></p>	<p>Health and wellness coordinators develop programs for individuals or groups of people to help them live a healthy lifestyle. They provide their clients with diet and exercise schedule both for the improvement of physical and mental health. Organizations help people achieve better fitness and mental health may hire health and wellness coordinators. They also may be employed in hospitals and clinics to support their patients to take up healthy lifestyles or adjust to one to compensate their ailment. Health and wellness coordinators design and implement health and wellness programs for individual, for employees of an organization, work environment, corporate organizations, or private or public health and wellness clinic.</p> <p>They monitor and evaluate wellness programs operated by public or private health and wellness organizations. Health and wellness coordinators assess compliance with health standards and identify remedial action if necessary. They provide health and wellness related consulting services to clients in private establishments or government departments or agencies.</p> <p>Producing newsletters, magazines and other documents to provide information to association or organization members or the general public is also a part of their job.</p>
<p><b>NOC Code</b></p>	<p>Health policy researchers, consultants and program officers (4165)</p>
<p><b>Alias Job Titles</b></p>	<p>Child health care programs planning officer; ; Dental health consultant; Drug and alcohol abuse consultant; Health and social services liaison officer; Health educator; Health and Wellness Coach; Health and Wellness consultant; Health promotion program officer; Home-care programs consultant; Labour force planning consultant - health sector; Long-term care program consultant; Medical adjudicator - Canada Pension Plan; Mental health programs consultant; Wellness consultant; Wellness co-ordinator; Wellness program co-ordinator; Wellness coach</p>
<p><b>Qualifications Required</b></p>	<p>1. A bachelor's or graduate degree or college diploma in health science, public administration, recreation administration or hospital administration, psychology, nutrition, or a bachelor's degree in social science, is required.</p>

2. A certificate or diploma in wellness coaching, health promotion, diet and nutrition or similar is usually preferred.

Employers may also require applicants to have 1 or more of the following:

- first aid and CPR certification
- Workplace Hazardous Material Information Systems (WHMIS) certification
- clear security and child welfare checks
- a valid driver's licence
- a reliable vehicle for transportation.

<b>Salary Range</b>	<table border="1"> <thead> <tr> <th>Average hourly</th> <th>Range hourly</th> <th>Average yearly</th> <th>Range yearly</th> </tr> </thead> <tbody> <tr> <td>\$33.43</td> <td>\$11.08 - \$48.16</td> <td>\$65,189</td> <td>\$21,600 - \$93,910</td> </tr> </tbody> </table>	Average hourly	Range hourly	Average yearly	Range yearly	\$33.43	\$11.08 - \$48.16	\$65,189	\$21,600 - \$93,910
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<b>Job Demand</b>	<p>Medium</p> <p>Employment outlook is mostly good in most provinces. More information is available <a href="#">here</a>.</p>								
<b>Growth Opportunity</b>	<p>With further education and experiences managerial positions are possible to obtain.</p>								
<b>Years' Experience Required</b>	<p>1-3 years of experience in the health field as a health care professional or as a community or social service worker are usually required.</p>								
<b>Training Options (if available)</b>	<p>Certificate and diploma programs are available at many colleges. Examples include:</p> <p><a href="#">Wellness Coaching</a> at Humber College</p> <p><a href="#">Health, Wellness and Fitness</a> diploma at Mohawk College</p> <p><a href="#">Nutrition for Healthy Lifestyles</a> at SAIT</p>								
<b>Personal Qualities</b>	<p>Team player, compassionate, attentive to the clients, passionate for working with people with disabilities, critical thinking skills, interest to explore new things and taking challenges, strong communication skills, highly responsible, able to stay calm under pressure, ability to consistently project a positive, professional image, on and off the job; the ability to maintain a balanced perspective; excellent organizational and time management skills; an interest</p>								

	<p>in facilitating individual and organizational growth; negotiation skills; Valid CPR/First Aid certificate may be required</p>
<p><b>Notes/Other Information</b></p>	<p>Non-regulated</p> <p>Health and wellness coordinators work in a wide range of settings, including public health units, community health centres, ethno-specific and multicultural community-based organizations, as well as other regional and provincial organizations. Residential settings may require shift work. Other settings may offer more regular hours. Evening and weekend work are sometimes required.</p>
<p><b>Steps towards capacity building to become competitive for this job</b></p>	<p>Enrolling into above mentioned programs and obtaining relevant degrees are usually a starting point. Also, volunteering in different social and health services organizations could help get in-field experience and kick off.</p>