

### The Company

CP+R is on a mission to rehabilitate cardiac rehab and revolutionise the industry. Our vision is to become the number one respected cardiac rehab provider in the UK and worldwide. Our purpose is to inspire our clients to live longer better by providing outstanding personalised care.

### The Role

A CP+R Cardiac Coach is a hybrid of a physio, personal trainer, clinical exercise specialist and sports scientist all rolled into one. You'll manage a portfolio of clients, coaching, inspiring and motivating each person in order to achieve their individual health and life goals. To do this successfully a cardiac coach is an expert exercise instructor, and meticulously trained in our nutrition model and in delivering lifestyle advice and support.

If you'd like to hear more about the role and what it's like to be a member of the CP+R team please watch the videos below.

<https://vimeo.com/699769171/bfe67af88d>

<https://vimeo.com/528249191>

- **Permanent position** - 40h per week
- **Start Date** - flexible
- **Location** - virtual across the UK (some opportunities in person)
- **Starting Salary** - £23,000 - £25,000 depending on experience

### Responsibilities:

- You'll look after a portfolio of 15-18 clients (we call them athletes), supporting, inspiring, and guiding them through each stage of their programme from rehab to prevention to health excellence
- Use patient's medical history, lifestyle assessment and physiological results from their clinical assessment (performed every 12 weeks) to prescribe an appropriate exercise, nutrition and lifestyle programme in order to achieve their goals
- Provide consistent and/or progressive levels of the exercise and nutrition prescription in the form of 1-2-1 resistance exercise, cardiovascular homework, food diaries and step counts
- Engage in uplifting, positive and timely communications with athletes to support and encourage them in their programmes
- Deliver a world class coaching standard and have a curiosity to learn and grow
- Deliver an exceptional service to clients either virtually or from one of our on-site locations (N.B. Cardiac Coaches must be willing to work from home or in the clinic and are given the tools to excel in either environment)

## Requirements

- 2:1 or above predicted or acquired BSc grade in relevant degree (e.g. Sport & Exercise Science)
- Proven experience of coaching in a health-related or exercise capacity
- Proven experience in a customer service role
- Proven experience or interest in rehabilitation or helping people
- Six months 1-2-1 coaching experience (desirable but not essential)
- Personal Training or Strength & Conditioning qualification (desirable but not essential)
- BACPR Level 4 qualification (desirable but not essential)

## Reward & Recognition

- We invest in your career development with clear career pathways and access to further education
- Intensive induction programme
- On-going workshops and CPD to develop your skills
- Consistent work schedules on our morning or evening teams
- Pension scheme
- Annual salary review
- 32 days annual leave
- Free health assessment

## Want to Apply?

Please use the link below and complete our online application form or visit our website for more info.

[https://form.asana.com/?k=rpFHxwvLp6\\_SUtSmjagWNQ&d=1193589106501756](https://form.asana.com/?k=rpFHxwvLp6_SUtSmjagWNQ&d=1193589106501756)

<https://www.cpandr.co.uk/contact-us/>

Good luck!