

Organisation: Resilience in Kids

Our vision at Resilience in Kids is for all children to thrive no matter what life throws at them. Our purpose is to strengthen children's resilience. We do this through workshops and 1-1 coaching for children, small group and 1-1 coaching for parents, presentations for parents and professional development for educators. Whilst a therapeutic background is required, we don't offer therapy.

The opportunity

The specific opportunity is to run play-based resilience workshops from Term 3 2019 before and/or after school – specific days to be confirmed but availability on Mondays is helpful. The workshops will take place on the Lower North Shore, Northern Beaches and in the Inner West. There may also be the opportunity to run full-day holiday camps in these locations.

Role description: Resilience Coach, Contractor

Resilience Coaches will run workshops for groups of up to 10 primary school aged children to strengthen their resilience. They will be provided with all required materials and may be required to walk children short distances between schools and workshop venues.

This is a flexible, part-time position and coaches will be employed as contractors. Children's before and after-school workshops only take place during term-time and children's holiday camps take place during the school holidays.

For the right candidate, there may also be the opportunity to deliver incursions to larger groups of primary school aged children, 1-1 coaching to primary school aged children as well as 1-1 and small group coaching to parents.

Responsibilities

- Deliver workshops to groups of up to 10 primary school aged children
- Ensure the health and safety of all children, parents and caregivers during the delivery of workshops
- Achieve the learning outcomes for each term/holiday workshop
- Develop the behaviours outlined in our Resilience Framework, in the broader context of the theme we are focusing on, e.g. friendship. A catalogue of games and activities will be provided but coaches can also draw upon any within their own toolkit
- Respond to the unique needs of the group they are working with by flexing the content to meet these needs
- Provide 'live', 'in the moment' resilience coaching, helping build children's awareness of how they can demonstrate more resilient behaviours in their everyday interactions
- Manage children's behaviour – set and maintain boundaries, ensuring the whole group is able to engage with what is being taught
- Model resilient behaviour by demonstrating the behaviours detailed in our Resilience Framework, e.g. show empathy, encourage children to solve problems for themselves, encourage kindness and inclusion
- Maintain a calm and in control demeanour – Resilience Coaches are the 'face' of Resilience in Kids when running workshops
- Engage with the parents and carers of children participating in workshops – answering questions, offering advice and guidance and addressing concerns
- Encourage parents to re-book their children into next term's workshops
- Market Resilience in Kids' offerings to parents in conversations before and after workshops

- Assist in the evaluation of program effectiveness, including providing ongoing feedback on what is working well/less well
- Create and maintain a nurturing, developmental and fun atmosphere during workshops
- Create and maintain a confidential space where children feel they can talk about their feelings and what is going on for them
- Provide emergency first aid to children, if required

Requirements

- Tertiary or graduate qualification in social work, teaching, therapy or similar
- At least 2 years' experience working with groups of up to 10 primary school aged children
- For those with teaching backgrounds, some form of therapeutic experience or background
- Comfortable working autonomously
- Fun and playful demeanour – good with young children
- Punctual, reliable and responsible and an excellent communicator with both adults and children
- An interest and passion in the subjects of resilience, wellbeing and positive mental health
- Knowledge of some of the theories that underpin the process of building resilience in children, e.g. the growth mindset, self-compassion
- Able to adapt approach to respond to the unique needs of the group or individual, albeit within the broader context of the Resilience Framework and theme we are exploring
- Flexible, creative and adaptable
- Proactive and able to show initiative
- Up to date police clearance, Working With Children Clearance and First Aid Certificate
- Must be able to provide details of 2 referees that have recently delivered similar work for
- As a contractor, coaches will be required to have their own public liability and professional indemnity insurance