

A Matter of Balance: Managing Concerns About Falls

Coach Job Description

\*\* Coaches must work under the supervision and “License to Use” of the Master Trainer’s organization. \*\*

# Criteria for Leadership

* Good communication and interpersonal skills.
* Enthusiasm.
* Dependability.
* Willingness to lead a small group.
* Interest in working with older adults.
* Life experiences valued - with education or health care experience a plus.
* Ability to perform range of motion and low-level endurance exercises.
* Ability to move or carry up to 20 lbs

# Training Expectations

* Attend eight hours of coach training and earn A Matter of Balance Certification.
* Attend 2.5 hours of facilitator training update annually.
* Agree to facilitate two Matter of Balance classes within one year of certification.

## **Classroom Responsibilities**

* **Two Coaches are required to teach the class to participants.**
* **Work with a Master Trainer to oversee all classes offered**
* Prepare for each class by reviewing the Matter of Balance manual and materials.
* Organize the classroom with supplies and refreshments.
* Present the class according to the directions, training and materials provided.
* Encourage interactive discussion about the concepts and skills presented.
* Demonstrate and coach the exercises outlined in the Matter of Balance Program.
* Monitor and connect with each participant.
* Promote socialization and a solution-oriented environment among the participants.
* Have fun!

###### Confidentiality, Communication, & Record Keeping

* All participant information is confidential. Each coach will sign “A Pledge of Confidentiality”.
* The Master Trainer will provide support and mentoring to each coach.
* Class site and emergency contact information will be provided to each coach.
* Coaches are required to report any injury, illness or concerns.
* Coaches are encouraged to record “Lessons Learned” and share feedback and ideas.

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