

Performance Lifestyle Mentor

Job Ref: REQ240572

As part of the University's ongoing commitment to redeployment, please note that this vacancy may be withdrawn at any stage of the recruitment process if a suitable redeployee is identified.

Job Description

Job Grade: Administrative Services Grade 6 – Casual hourly pay rate £19.71 + holiday pay which includes a market supplement.

Job Summary:

To enhance the Loughborough Sport Performance Lifestyle and Wellbeing programme by working to provide appropriate support, facilitate development and empower performance student athletes to reach their whole person potential while at Loughborough. The role in many cases will focus on individuals with strong dual career identities in academic and sport but may include semi-professional and professional athletes. The Performance Lifestyle programme forms a critical part of the holistic support and development service we aim to offer our performance student athletes.

As one of the largest TASS delivery hubs in the country it may also be possible work with TASS (Talented Athlete Scholarship Scheme) scholars from a wide range of sports and activities.

An in-depth appreciation and understanding of a whole person approach to enhancing sporting and wider performance is critical. Understanding of performance level sport and young people is fundamental to deliver impact.

For the right candidates it may be possible to lead on the PL offer to sport specific IDT's and progress to greater project responsibility.

The role will require an innovative solution focused approach in an evolving service to maximise delivery progression and enhance internal and external programme reputation.

Main Duties

- Provide a 1-2-1 Performance Lifestyle service to current performance programme athletes and those from other sports with elite athlete adjustments in place under Loughborough University policy.
- Work to support, develop and empower our Performance Programme, semi-professional and TASS pathway athletes.
- Holistically monitor and positively influence student athlete wellbeing.
- Lead and work with others in the Performance Lifestyle team to deliver our service philosophy to external organisations.
- On occasion take up opportunities to assist other staff in the Performance Lifestyle Team with core projects such as Wellbeing workshops and Anti-doping education.
- To support the Education and Development Manager with any other duties commensurate with the grade and post.

General

- To promote adherence to ethical guidelines and regulations with regard to drugs and doping in sport, in line with UK Anti-Doping (UKAD) guidelines and the Loughborough University 'Clean Sport' commitment.

- To work in an interdisciplinary way within our support and sport staff team.
- Promote and exhibit the Performance Programme Charter values

Points To Note

The purpose of this job description is to indicate the general level of duties and responsibility of the post. The detailed duties may vary from time to time without changing the general character or level of responsibility entailed.

The volume of this role can be flexible to suit excellent candidates who can offer significant value to our programme. It is anticipated that hours will range between a handful of hours a week in term time only to a day a week across the year. Total volume shaped by the athlete engagement you drive in 1-2-1 meetings and the time you have available to dedicate to the role.

Special Conditions

All staff have a statutory responsibility to take reasonable care of themselves, others and the environment and to prevent harm by their acts or omissions. All staff are therefore required to adhere to the University's Health, Safety and Environmental Policy & Procedures.

All staff should hold a duty and commitment to observing the commitment to the University's Equity, Diversity, and Inclusion policies at all times.

Organisational Responsibility

Reports to the Education and Development Manager.

Supports the work of the wider Performance Lifestyle team including but not limited to the Performance Lifestyle and Wellbeing Officer and Performance Lifestyle and Wellbeing Co-ordinator.

Person Specification

Your application will be reviewed against the essential and desirable criteria listed below. Applicants are strongly advised to explicitly state and evidence how they meet each of the essential (and desirable) criteria in their application. Stages of assessment are as follows:

1 – Application

3 – Interview

Essential Criteria

Area	Criteria	Stage
Experience	Previous experience of being immersed in a performance sporting environment	1,3
	Experience of following a dual career or supporting those with dual goals	1,3
	Experience of working in a multi-agency environment	1,3
	Experience as an advisor or mentor	1,3
	Experience of working within a diverse team	1,3
	Experience of working with and developing young people	1,3
Skills and abilities	Excellent communication, interpersonal skills and the ability to build an effective rapport under pressure	1,3
	Excellent organisational and time management skills	1,3
	An ability to receive information in a non-judgement way	1,3
	An ability to coach and empower individuals to reflect effectively and maximise personal attainment	1,3
	The ability to work collaboratively and cooperatively	1,3
	Empathic to student/athletes needs	1,3
	Efficient with mainstream Microsoft programmes most notably - Teams and Outlook	1
Training	Commitment to undertake compulsory internal training necessary for the role	3
	Commitment to complete UKAD Educator qualification	1,3
	Commitment to complete UK Coaching Safeguarding qualification	1,3
Qualifications	Educated to A level standard	1
Other	Adherence to the Loughborough University 'Clean Sport' Commitment Statement.	1,3
	An interest in delivering research driven practice	3
	A desire to aid others in attaining their potential	3
	Flexibility and a willingness to work irregular hours as necessary to suit performance programmes, athletes and clients	1,3
	A commitment to observe the University's Equal Opportunities and Health & Safety policies at all times.	1,3
	A willingness to complete an enhanced DBS	3

Desirable Criteria

Area	Criteria	Stage
Experience	Experience of mentoring or advising performance student and/or elite level athletes	1,3
	Experience as a performance or high performance student athlete (HE)	1,3
	Experience of performance coaching – sporting or in a different context	1,3
	Experience of designing and developing learning materials	1,3
Skills and abilities	An understanding of university structure	1,3
	Experience of developing and delivering workshops	1,3
Training	Elite Athlete Wellbeing Management IV or the commitment to complete this	1,3
	TALS or commitment to complete TALS	1,3
	UKAD Educator qualification	1
	UK Coaching Safeguarding qualification	1,3
Qualifications	A degree in a relevant subject at 2.i or above qualification	1
Others	A detailed understanding of National sporting structure and policy	1,3

Conditions of Service

Salary will be on Administrative Services Grade 6 with a market supplement. The current hourly rate is £19.71.