



Thriving in Motion – Expressions of Interest

Exercise Instructor (Casual) – Various programs with young people (5 – 25yrs)

About Thriving in Motion

Thriving in Motion is a not-for-profit organisation with the mission to use exercise expertise to improve the health of kids & young people. We celebrate uniqueness and diversity and offer an inclusive and fun exercise environment for all kids and young people. We provide exercise services, tailored programs within the community and education opportunities for community and health professionals.

Join an organization that prides itself in providing best practice, evidence-based but FUN exercise services for children and young people, where you will have:

- A friendly, supportive environment that values autonomous work practices
- The opportunity to join a multidisciplinary, collaborative team that delivers fun, engaging, and meaningful exercise experiences for children, young people and their families.
- Flexible working arrangements, and work within a team that strives to support a healthy work-life balance

The Role/s

We are looking for staff to join the team and help us to deliver individual and group exercise programs for WA young people. Opportunities within the team extend across children (5yrs+), and young people (11-25yrs) and include roles in:

- Delivery of 1-on-1 therapeutic exercise services
- Delivery of small group programs with a specific goal or focus e.g., Physical Literacy development and Strength & Conditioning
- Special programs for unique populations across WA including “Movement for Mental Health” and “Movement for Trans + Gender Diverse Young Folk”

For more information on our services please view prior to applying at www.thrivinginmotion.org

Essential criteria:

- Experience in working with children and young people
- Experience in exercise and/or movement activity program design and delivery
- Qualifications (at least 1 required):
 - Certificate 3 or 4 in Fitness –
 - Qualified instructor with a specific modality e.g., Yoga, Pilates, Martial Arts,
 - Accredited Exercise Scientist or Accredited Exercise Physiologist

- Allied Health qualification with experience in exercise service delivery (e.g., Physiotherapist or OT)
- *If you are currently in the final stages of your studies towards the above qualifications your application may be considered based on experience*
- Current Working with Children's Check, First Aid & CPR. You will also be required to undertake Hygiene and Infection control training (no cost), have any relevant immunisations, and be provided the opportunity to undertake additional Mental Health and Paediatric Exercise training (for more information – www.thrivinginmotion.org/education)

Important Information:

The roles commence as casual positions with rosters/hours based on various programs, with Saturday availability preferred.

- Physical Literacy (5-16yrs) programs run 2:30-6:30pm Monday-Friday and Saturday 8-2pm,
- Community-based programs run during or after school hours depending on location.
- We encourage and support a diverse working team, and encourage LGBTQIA+ folk, Aboriginal and Torres Straight Islander people, and people with lived and/or living experience of mental health and/or disabilities to apply.

Successful applicants will be given the opportunity to attend a team training prior to rostering shifts.

Pay Scale:

- Inline with Health Professionals and Support Services award rates, commencing at level 1 and above depending on your accreditation and qualifications.

Want to know more?

For more information on our services please view www.thrivinginmotion.org OR for more information specific to this role please contact Felicity Austin via felicity@thrivinginmotion.org

Want to join us? Here's how to apply

If you are interested in joining our team please email hello@thrivinginmotion.org your CV along with a brief outline of:

1. Experience in working in exercise/activity and young people
2. Qualities that make you suitable for this role

We look forward to hearing from you and don't hesitate to get in touch if you have any questions!

