



Experienced Fitness/Pilates Instructor

We have an opportunity for an experienced Pilates Instructor to provide services as part of SHP Health at our Denbies Vineyard location.

SHP is continuing to develop as a Consultant-led centre of excellence for the assessment, management and prevention of musculoskeletal problems and associated conditions, delivering a caring, professional & evidence-based service.

Our services are person-focussed, and our philosophy and values are underpinned by teamwork, communication, and excellence. We are committed to offering a safe, welcoming, and supportive environment for our service users and team members.

The ideal candidate

The post holder will deliver evidence-based, varied, and innovative classes that will be adapted accordingly for different service users and their needs. They will work within their scope of practice and as part of a growing multidisciplinary SHP team. They will be committed to learning and keeping up to date with the evidence base and will demonstrate excellent customer service. As part of the role there will be opportunities for ongoing continuing professional development (CPD) and in-service training (IST).

The ideal candidate will be a personable, dedicated, honest and reliable individual with excellent teaching, communication, and organisational skills. They will demonstrate strong self-awareness using critical reflection on personal practice, and they will be proactive, creative and flexible in their approach. They will be able to work under pressure and with good time management skills. They should demonstrate professionalism and an ability to remain calm under pressure.

Details

Contractor: SHP Health

Terms: This is a self-employed associate/subcontractor post

Working hours: To cover Saturday morning Pilates Strength & Cardio class every other week, plus additional options to cover classes as needed

Reporting to: SHP Manager/Directors

Location: Dorking, UK

Teaching Duties & Responsibilities

- Deliver varied and innovative classes (reflecting instructor's commitment to CPD) for a range of service users.
- Facilitate service user's enjoyment and full participation in the class.



- Adapt classes accordingly for different service user groups.
- Confirm class attendees are registered for class and appear on register.
- Update service user records in line with data protection requirements.
- Inform both participants and SHP Receptionists of any class cancellations or changes.
- Report any service user dissatisfaction or injuries immediately to a Manager/Director.

General Duties and Responsibilities

- Demonstrate knowledge of SHP mission statement, values, procedures and policies.
- Model behaviour in accordance with SHP mission statement and values.
- Assist in keeping studio and working spaces clean and organised.
- Adherence to all SHP procedures, policies and Health & Safety requirements.
- Report any incidents immediately to a Manager/Director.

Skills, Qualifications & Experience required

Essential

- Basic Pilates qualification.
- Level 3 Exercise Qualification.
- 2 years+ experience teaching Pilates to a variety of service users.
- Excellent communication and customer relations skills.
- Enthusiastic and personable manner.
- Excellent time management.
- Excellence in teaching with a focus on an adaptable approach and modification to enhance suitability for all.
- Understanding the contribution of neuromuscular function to musculoskeletal and general wellbeing with due consideration to the whole person.
- Ability to educate people to use postures to enhance strength, balance, mobility & mind-body wellbeing.
- Understanding of the importance of not encouraging movement outside of an individual's normal range or comfort.
- Ability to build rapport with all existing and new SHP service users.
- Willingness to learn and work as part of a growing team, in conjunction with the SHP values and mission.
- Professionalism: Able to remain calm under pressure and deal with difficult situations.
- Discretion: Awareness of the issues relating to confidentiality and GDPR.
- Adequate insurance (including public liability and professional indemnity insurance) relating to the provision of services pursuant to this role.



Desirable

- HCPC registered Physiotherapist or Physiotherapy Assistant with CSP (Full or Associate) Membership.
- Ability to be a 'Team player' and contribute to the development of SHP and The Barn as a centre of excellence in Pilates.
- Foster links within the local community to bring awareness of SHP services and values.

How to apply

To be considered for this position please email a CV with covering letter to info@shphealth.co.uk