

Practitioner Role – Seven Health

The Position

We're looking for an experienced, compassionate nutrition practitioner to join our growing team. This is a remote position that entails working with clients one-on-one online to improve health, body image, and relationship to food.

We're looking for a practitioner who has a business and presence online but would like more clients' than they are currently bringing in. We know not everyone loves the marketing side of running a business, so you may be working with fewer clients' than you'd ideally like.

This position will eventually be 20-25 hours a week, but will be less to start with. Our clients live in different parts of the world, so some flexibility with schedule and hours is required.

To excel at this position, you'll need a strong understanding of science and physiology, a client-centred approach to coaching, and practice using a weight-neutral framework.

The successful applicant will be officially starting with clients in January/February 2020, but the onboarding of the role would start prior to this.

This is a paid contract position, with a competitive package that extends beyond salary. Remuneration is dependent on the number of clients seen.

About Us

Seven Health works with women who feel obsessed with and defined by their bodies. Using a non-diet approach, we help clients transform their physical, mental, and emotional health. Our clients are primarily women, the majority of whom suffer from eating disorders/disordered eating, hypothalamic amenorrhea, or hormone imbalances. Our small team works remotely but keeps in touch constantly to offer support and bounce ideas off of each other. We've grown quickly over the last few years and are looking for someone to help share the client load.

You can learn more about us on the web:

- Company website: www.seven-health.com
- Seven Health on Facebook: www.facebook.com/7Health

Ideal Characteristics

Seven Health has excelled with helping clients because of a dual focus. One part is an understanding of physiology and the science of how the body works. The other part is understanding psychology and the mental and emotional side of our client's experience.

We are looking for someone who has both of these strengths; an understanding of nutritional science and the compassion required to support a client through an often difficult journey.

You are:

- *Skilled at listening and allowing the client to be heard*
- *An excellent communicator (both verbally and in writing)*
- *Adept in asking the right questions to get below the surface level to understand what's really going on*
- *Well-versed in motivational interviewing, behaviour change and habit formation*
- *Someone who loves the messy art of working with clients*
- *Proactive*
- *Excellent at managing your time and schedule, as well as being flexible to the needs of clients*

About You:

- *Background training in nutrition – registered dietician, nutritionist, etc*
- *A minimum of 5 years in clinical practice*
- *Training/experience working with eating disorders and disordered eating recovery*
- *Training/experience with hypothalamic amenorrhea and recovering menstruation*
- *Training/experience in Intuitive Eating*
- *Use a Health At Every Size and Weight Inclusive approach*
- *Ability to write and create engaging and informative content*
- *Bonus: experience interviewing or being interviewed on podcasts*

Technologies we use:

- *Zoom*
- *Skype*
- *FaceTime*
- *Google Suite*
- *Click Up*
- *High-speed and reliable internet connection*

To apply, please send us:

- *A copy of your CV*
- *A cover letter that includes:*
 - *Why you believe you are the right candidate for this role.*
 - *What is your favourite podcast (it doesn't have to be health-related) and why? In the (highly unlikely) event that Real Health Radio is your favourite podcast, please pick your second favourite.*
 - *A link to what you believe is the best piece of content you've created (whether it's a blog post, video, podcast, social media post or other option) and why you're proud of it.*

Send this to drew@seven-health.com

Applications close on Friday 8th November. For candidates shortlisted for the position, interviews will be carried out with Chris Sandel of Seven Health shortly after the closing date.