



## How can I become a Small Steps coach?

### 1. Complete online training modules (~5 hrs)

- Learn the science of behaviour change techniques, Motivational Interviewing (MI), and how to deliver a culturally safe coaching session
- Access to a comprehensive resource center with information about MI, prediabetes, and tools to help you be successful as a coach

### 2. Practice with a mock session (~1hr)

- Reinforce MI skills with one of our expert coaches
- Receive evaluation and supportive feedback

### 3. Final Steps Training (~1 hr)

- Learn the platforms we use to support you in delivering SSBC!

### 4. Receive your Small Steps coach certification!

**“The ability to communicate with someone better, to understand them and connect and feel connected, as well as understood, is really important.”**

**- SSBC Coach**

**\$17.30/hr**

**Paid training**

**No experience required!**

To Apply Candidates Must Have:

- A Clear Criminal Record Check with Vulnerable Sector Check;
- A Current Standard First Aid Certificate; and
- Be 18 years or older.

## Coaching with Small Steps for Big Changes

**1. Match with a client based on your availability.**

**2. Conduct 6 coaching sessions 1-on-1 with your client over the course of their 4-week training period.**

- Coaching sessions consist of a 30-40 min discussion about diet, exercise, and goal setting, followed by 20-30 minutes of guiding the client through exercise
- Coaching sessions are delivered to clients in-person at the YMCA

**3. Meet with your client for 30-min follow-up appointments to check in on their progress**

**Contact:**  
**humanresources@nl.ymca.ca**  
**to apply or for more information**



# Become a coach with **SMALL STEPS** FOR **BIG CHANGES**



**The Small Steps for Big Changes program helps adults reduce their risk of developing type 2 diabetes through diet and exercise behaviour change.**

Small Steps for Big Changes offers evidence-based, individualized exercise sessions and one-on-one behaviour change counselling. All coaching sessions are informed by motivational interviewing. These sessions explore and support individuals' self-regulatory skills that enable lifelong involvement in healthy lifestyle activities.

## What are the benefits of becoming a coach?



### **Make meaningful connections with your community**

- Help improve the health and quality of life of those at risk of developing type 2 diabetes
- Be an advocate for community members making new lifestyle changes



### **Gain invaluable life experience and education**

- Learn Motivational Interviewing and how to apply it to your coaching practice
- Learn transferable skills that will help you as a trainer, in future occupations, and in everyday life
- Learn how to help people reduce the risk of developing type 2 diabetes, and stick to behaviour change goals long term
- Receive continuing education credits by completing the Small Steps for Big Changes coaching training program