



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

Free 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.

Apply as a Volunteer Now!

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