



## 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**

**\$20.00/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**