

SASP Community Resilience Young People Mentor	
JOB REQUIREMENTS	ESSENTIAL/ DESIRABLE
Qualifications	
1. Relevant child and youth work qualification	Desirable
2. A First Aid at Work Certificate	Desirable
3. Valid driving licence and access to personal transport	Essential
Knowledge	
4. Knowledge of Childhood Trauma and ACES	Desirable
5. A good understanding of the evidence base attached to the efficacy of physical activity on improving physical and mental health	Essential
6. An understanding of the barriers preventing people from participating in physical activity and adopting healthy lifestyles.	Essential
7. Establishing and developing partnerships with community groups	Desirable
Skills and Abilities	
8. Excellent time management skills and the ability to plan and organise personal workloads	Essential
9. Excellent communication and inter-personal skills with the ability to motivate others	Essential
10. Ability to work on own initiative as well as in team	Essential
11. Commitment to personal and professional development	Essential
12. Able to work effectively with computer-based programmes such as Microsoft Excel and Word.	Essential
13. A commitment to equality and diversity in working practices, with the ability to embed this across all aspects of work	Essential
14. The ability to work with discretion and in confidence, respecting young person's privacy	Essential
15. Ability to work flexible hours and travel out of area as necessary	Essential
16. Ability to travel across multiple sites	Essential
17. Demonstrable skills in supporting behaviour change	Essential
Experience	

18. Experience either personally or professionally of the difficulties some young people face in their lives	Essential
19. Experience working with young people to support them in developing key life skills either personally or professionally	Essential
20. Experience of working with small groups of young people	Desirable
21. Experience of using coaching approaches and models or other helping strategies e.g. motivational interviewing	Desirable
Work-related Personal Qualities	
22. Enthusiasm and the ability to motivate young people	Essential
23. An interest in sport, physical activity and wellbeing	Essential
24. Capability of being a positive role model for young people	Essential
25. Reflective, Self-aware and kind	Essential