

Medically Trained Health Coach

Call for Applications

Kestrel seeks a part-time, dynamic, medically-trained health coach to assist Kestrel members in their health and wellness journeys.

What You Will Do:

- Be a creative and collaborative partner with the Kestrel team to help members in all aspects of their wellness and medical care.
- Apply behavior change models and motivational interviewing skills to support members in meeting their health goals.
- Manage the progress of members through a coaching application.
- Communicate with patients through phone, text messaging applications, video conferencing and in person with supervision under a physician regarding acute and chronic medical issues.
- Assists in routine clerical functions such as filing of medical information in patient's records, obtaining medical records from other providers, assisting patients with pre-appointment questionnaires.
- Provide medical educational material and general health information to patients.

What You Should Have:

- A solid foundation in health coaching techniques with a certificate in Health Coaching or be willing to gain that knowledge.
- History of working in the medical field as a nurse, medical assistant, EMT or Paramedic.
- Understanding of the principles of Integrative Medicine or Functional Medicine.
- Knowledge of nutritional principles in the following areas: low carbohydrate, paleo, whole foods diets, Whole30, vegan, and vegetarian.
- Knowledge of multiple types of exercise for example functional fitness, weight training, running, team sports, endurance sports etc.
- Technical proficiency for video conferencing, digital health coaching, using various communication applications.
- Ability to communicate with patients on both medical topics and health coaching.
- Excellent organizational skills, time management, and attention to detail.
- Access to your own computer for video conferencing and using an EMR.

Minimum Requirements:

- Certificate or Degree in a medical field such as Nursing, Medical Assisting, EMT or Paramedics.
- Strong desire to become a certified health coach or have experience working as a health coach.
- This is a local position. Must be able to meet with patients in person.

Ideal Candidate:

- Registered Nurse or Medical Assistant with several years of experience working in an outpatient clinic in Family medicine or Integrative Medicine,
- Certified Health Coach from “The Health Coach Institute,” “Functional Medicine Coaching Academy” or similar.
- Has had their own personal health journey and follows a rigorous nutritional lifestyle.
- Exercise enthusiast or participates in competitive athletic events.

Benefits:

- Competitive salary for part time
- Educational opportunities
- Opportunity to take part in the transformation of health care.
- Family will receive free membership and access to all Kestrel resources.
- Kestrel may provide financial assistance for coaching certification or re-certification for the ideal candidate.
- We are an equal opportunity employer and value diversity at our company. We do not discriminate on the basis of race, religion, color, national origin, gender, sexual orientation, age, marital status, veteran status, or disability status.

To Apply:

Send your resume and cover letter expressing your interest to info@kestrelwellness.com. Please also send a short video, transcript, or slideshow presentation, on one of the following interactions:

- Coaching a diabetes patient on how to improve their breakfasts
- Coaching someone who wants to go from couch to 5k
- Helping a worried father who’s 5 year-old child has a cough and a high temperature

Questions?

For any questions please email Dr. Henriksen at info@kestrelwellness.com