



CANDIDATE BRIEF

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Casual Coaches (Health and Wellbeing)

MAY 2026





**AN INTERNATIONAL SPORTING VENUE,
A PROFESSIONAL COUNTY CRICKET CLUB
AND A THRIVING COMMUNITY HUB**

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We are Trent Bridge, a cricket ground of global repute first established in 1838. We're proud of our illustrious history but mindful too that our future prosperity is reliant on continual investment in our facilities, our professional team and our lauded community programmes

Trent Bridge Community Trust is seeking a highly motivated, energetic, empathetic, and experienced individual who is passionate about making a real difference to the lives of people who need support with their emotional and physical wellbeing.

We are looking for someone that can help support our transformative flagship project, Notts in Mind. Your role will be hands-on, dynamic, and deeply rewarding.

Thank you for your interest in this role.

ROLE PROFILE

Casual Coach (Health and Wellbeing)

RESPONSIBLE TO: Health and Wellbeing Activity Officer

Location: Various locations within Nottingham

Hours: 3 hours per week minimum
Tuesdays 1.30pm – 3.00pm
Thursdays 10am – 12.00pm

Rate: £12.71 per hour

Role Purpose

The casual Coach plays a key role in supporting the delivery of inclusive, person-centred sessions within the Notts In Mind project, promoting positive emotional wellbeing, resilience, and social connection through sport and physical activity. The role focuses on creating safe environments where participants feel valued, heard, and empowered to engage at their own pace.

Key Responsibilities

- Support the lead coach in planning and delivering structured sessions that prioritise emotional wellbeing, enjoyment, and personal growth over performance outcomes.
- Foster a safe, supportive, and non-judgmental atmosphere that encourages self-expression, confidence building, and emotional regulation.
- Build positive, trusting relationships with participants through active listening, empathy, and consistent encouragement.
- Recognise and respond appropriately to a range of emotional needs, demonstrating sensitivity to anxiety, low mood, and fluctuating motivation.
- Promote resilience and self-efficacy by reinforcing small achievements and encouraging a strengths-based mindset.
- Assist in adapting activities to ensure accessibility and inclusivity, enabling participants of all abilities to engage meaningfully.
- Support participant wellbeing by observing behavioural and emotional cues, and communicating any concerns to the Lead Coach or appropriate support services.
- Contribute to a culture of belonging and peer support, helping participants feel socially connected and valued within the group.

- Maintain professional boundaries while demonstrating warmth, authenticity, and emotional intelligence.
- Assist with session setup, risk awareness, and ensuring a physically and emotionally safe environment.

Skills and Attributes

- Strong interpersonal skills with the ability to build rapport and trust.
- Emotional intelligence, including empathy, self-awareness, and sensitivity to others' experiences.
- Understanding of emotional wellbeing principles, including resilience, self-esteem, and stress management.
- Positive, encouraging communication style
- Flexibility and adaptability to meet diverse participant needs.
- Team-oriented mindset with willingness to learn and reflect on practice.

Experience and Knowledge

Experience working or volunteering in community, sport, or wellbeing settings is desirable.

Basic understanding of mental health and emotional wellbeing concepts (e.g., anxiety, mood, confidence).

Awareness of safeguarding and the importance of duty of care.

Interest in using sport and physical activity as a tool for emotional and social development.

Impact of the Role

The Assistant Coach contributes to improved emotional wellbeing by helping participants feel more confident, connected, and resilient. Through consistent support and positive engagement, the role helps reduce social isolation, enhance mood, and build a sense of purpose and belonging.

EQUITY, DIVERSITY AND INCLUSION

Nottinghamshire County Cricket Club is committed to being an Equal Opportunities Employer.

The Club recognises the benefits of a diverse workforce and is committed to providing a working environment that is free from discrimination.

The Club will seek to promote the principles of equality and diversity in all its dealings with employees, workers, job applicants, clients, customers, suppliers, contractors, recruitment agencies and the public.

All employees and those who act on the Club's behalf are required to adhere to this policy when undertaking their duties or when representing the Club in any other guise.

SAFEGUARDING

Nottinghamshire County Cricket Club is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

We ensure that we have a range of policies and procedures in place which promote safeguarding and safer working practice across our services and are committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and the ECB requirements to ensure that all children participating in Cricket have a safe, positive and fun experience, whatever their level of involvement.

PERSON SPECIFICATION

CASUAL COACH – Health and Wellbeing

Department: Trent Bridge Community Trust

	Essential	Desirable
Experience	<p>Experience of delivering coaching programmes to adults</p> <p>Comfortable in group/public speaking</p> <p>Delivering coaching sessions to target groups and understanding how to adapt them if needed.</p>	<p>Experience of working/coaching in a group exercise session</p> <p>Experience of delivering Disability Sport</p> <p>Experience of working with behaviours that may challenge</p>
Knowledge	<p>Knowledge of coaching principles.</p> <p>Knowledge of Safeguarding, Equality, Diversity and Inclusion.</p>	<p>Knowledge of gym terms and able to follow a pre-written session plan</p>

Skills	<p>Excellent communication and interpersonal skills both written and verbal.</p> <p>Excellent organisational skills. Ability to manage and organise your own time.</p>	<p>Ability to operate safely within the workplace by identifying risk and using safe work practices and actions to minimise it.</p> <p>Strong administration skills and competent use of IT systems including: Word, Excel and Outlook, and other digital platforms.</p>
Qualifications	<p>Minimum of Level 2 gym instructor qualification</p> <p>Current First Aid qualification.</p> <p>Safeguarding Qualification.</p>	<p>ECB Level 3 Coach qualification.</p> <p>Accredited Level 3 Personal Trainer qualification or working towards</p>
Qualities & Attitude	<p>Enthusiastic, reliable and punctual.</p> <p>Ability to work within a team and build strong working relationships with team members.</p> <p>Ability to work under pressure with minimal supervision.</p> <p>Ability to follow policies and procedures.</p> <p>Willingness to work outside normal office hours when necessary.</p> <p>Positive attitude towards inclusivity / disability and creating opportunities for everyone.</p>	
Other	<p>Ability to travel independently between sites (Full and valid driving license)</p> <p>Willingness to work 'unsocial' hours, including evenings and weekends.</p> <p>The post will be subject to an enhanced ECB DBS check.</p>	<p>Willing to undertake further training.</p>

HOW TO APPLY

If you would like to join us at Trent Bridge, please apply through our recruitment link at <https://nottinghamshirecountycricketclub.livevacancies.co.uk/#/job/details/52>

If you have any questions please email the HR Department at: recruitment@trentbridge.co.uk

Please send your application latest by: Sunday 31st May 2026

No agencies please.

We reserve the right to close this vacancy early if we receive sufficient applications for the role. Therefore, if you are interested, please submit your application as early as possible

We are committed to safeguarding and promoting the welfare of children, young people and adults and expect the same commitment from all staff and volunteers

We are an equal opportunity employer. we celebrate diversity and are committed to building an inclusive environment for all employees. when submitting your details, please let us know if you require any support or reasonable adjustments during the interview process



TRENT BRIDGE
EST. 1838

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