

Resilience & Stabilisation Recovery Coach

Role description

Type of contract	Permanent
Team	Resilience & Stabilisation
Reports to	R&S Lead
Location	Nottinghamshire – Worksop or Mansfield
Salary	£12.75 ph / £24,531 (full time, 37 hrs)
Hours	37 hrs per week
Working Pattern	37 hours per week Mon, Tues, Thurs, Fri 10:00-18:00, Wed 10:00-15:00.
Checks needed	Enhanced DBS and 2 satisfactory references

About us:

Are you passionate about empowering people to build resilience, find stability and move forward with confidence?

At Nottinghamshire Mind, we take a person-centred, holistic approach to mental wellbeing. Our Resilience & Stabilisation programme supports adults to develop practical coping strategies, build emotional resilience, and navigate everyday challenges with greater confidence.

The R&S Programme uses coaching techniques to empower individuals in improving their mental wellbeing. We provide practical support in finding and developing techniques to enable individuals to build positive coping strategies for day-to-day issues and challenges that impact negatively on their mental health.

As a Recovery Coach, you'll work in a non-clinical setting, using coaching techniques to empower people to recognise their strengths, set meaningful goals, and develop positive routines. You'll build trusting relationships while delivering structured, goal-focused support to a wide range of clients across Nottinghamshire, both face to face and remotely.

Key Responsibilities:

- Building a positive, trusting & supportive working relationship with Clients.
- Managing own caseload & appropriately diarising tasks.
- Researching & developing coping strategies for Clients & supporting them in their use.

- To work with people to overcome signs of mental health distress such as anxiety, depression and stress.
- Empowering & enabling Clients to 'be their own coach' and supporting Clients in positively prioritising care of their own mental health.
- To maintain a boundaried and professional approach with Clients.
- Liaising with health care professionals involved in the referral process and ongoing support of mutual Clients.
- Using data systems efficiently with a knowledge of Microsoft software such as teams, outlook, word and excel.
- Accurately & efficiently manage the administrative process of supporting Clients & recording their progress, outcomes & feedback.
- Supporting colleagues & working collaboratively to best serve our clients & improve the R&S Programme & all elements of delivery.
- To keep abreast of local services and to develop a working knowledge of services & support available within the area.
- To ensure service delivery meets organisational values & standards and is compliant with relevant regulatory frameworks (e.g. GDPR).

Person Specification:**Experience & Qualifications**

- Experience of using social care skills, working face to face with the public.
- Evidence of providing mental health/wellbeing services within a primary care setting.

Knowledge

- Knowledge of social care and the issues of supporting people with a range of mental health issues, including risk assessment.

Skills

- Ability to motivate and encourage individuals to engage with the service.
- Able to identify and promote a range of appropriate support pathways, empowering clients to make informed choices and maintain independence.
- Recognises, assesses and manages risk effectively, working collaboratively with internal teams and liaising effectively with multiple services and agencies to ensure appropriate safeguarding and support.
- Works collaboratively as part of a team whilst demonstrating initiative and the confidence to work independently.
- Ability to effectively manage a caseload, prioritise own workload and organise time to meet competing demands and service deadlines.

- Communicates confidently and professionally with colleagues, volunteers, partner agencies, healthcare professionals and members of the public, adapting communication style to meet individual needs.
- Competently undertakes a range of administrative duties, including maintaining accurate client records, report writing, diary management, booking appointments and using electronic case management systems.
- Promotes the principles of social inclusion, early intervention, recovery and person-centred practice, working in line with Nottinghamshire Mind's values, ethos and mission.

Benefits

Working for Nottinghamshire Mind means being part of a team that genuinely cares - about the people we support and each other. We offer:

- Access to comprehensive training and ongoing professional development.
- Generous annual leave.
- Healthcare Cash Plan, giving you money off of everyday healthcare costs, such as dental, eye care, complementary therapies, counselling services and a 24hr advice line (following successful probation).
- A supportive, inclusive workplace culture.
- The chance to make a meaningful difference to the lives of individuals who use our services.