



# NUTRITIONIST /DIETITIAN

## Brighton & Hove, UK

We are looking to appoint a passionate and innovative individual to be part of our BeeZee Bodies team. If you are looking for a job where you can make a real difference to local people's health and happiness, and to help create a vibrant, exciting work environment for colleagues, then this might be the job for you.

We believe in helping people change their lives, for good. This can be challenging, but it's worth every ounce of effort when we see someone leave our services healthier, happier and empowered to keep making positive changes.

When it comes to our team, we have a strong sense of culture and staff value, and each one of us contributes to who we are, what we want to be, and where we're going; this is embodied in our five core values - our five 'ways of being':

<b>Be Real</b>	We are genuine, authentic, transparent, and have integrity
<b>Be Passionate</b>	We are passionate and proud to show it
<b>Be Innovative</b>	We are creative, progressive, and love to explore new ideas
<b>Be Empowering</b>	We are supportive and genuinely care about helping people
<b>Be Courageous</b>	We are brave, and live the values we believe in

## What's the role?

As one of our BeeZee Bodies Nutritionists, you will be responsible for helping to develop and deliver our various weight management programmes across Brighton & Hove. Your role includes a variety of organisational and delivery tasks, and means you'll be able to put your nutritional expertise to good use. Overall, you'll be helping people and families in Brighton and Hove to build healthy habits, and healthy lives.

## The Important Stuff (title, dosh, hours)

<b>Job Title</b>	BeeZee Bodies Nutritionist
<b>Hours</b>	Part Time (24 - 32hrs). Includes occasional evening work and travel across Brighton & Hove
<b>Salary</b>	£20,000-£24,000 FTE

## What will you be doing if you get the job?

Your work within our organisation will help BeeZee Bodies achieve its goals, and as a part of our team you will:

- Deliver evidence-based nutrition and behaviour change programmes across the city, with the objective of helping people across all demographics manage their weight, and build healthy habits and healthy lifestyles.
- Empower individuals and families to manage their weight effectively by understanding their individual lives and challenges, and supporting them to change behaviours.
- Help refine existing programmes and develop new ones in line with the current evidence-base around nutrition and behaviour change, and helping to ensure we deliver the highest quality services in the UK.
- Evaluate and reflect on programme delivery to ensure the effectiveness of our services.
- Contribute to the outcomes and KPI's required to achieve our contracted goals.
- Work with the Service Manager to establish new recruitment paths to better reach our target populations.
- Help to establish and maintain great working partnerships with local stakeholders.
- Be flexible and adaptive to both the needs of the organisation, and to the people accessing our services.
- Contribute to a positive, friendly and productive work environment which helps the team thrive, develop, innovate, and explore new ideas (a good sense of humour is a bonus!).

## Why is it great to work with BeeZee Bodies?

Our team is important to us, and we want your job to have meaning and be something you enjoy; when working with BeeZee Bodies you will:

- Have a meaningful role and be helping to change lives.
- Be part of a vibrant organisation who love to innovate.
- Work with a team who will support you to do your job to the best of your ability.
- Be able to take part in fun work place activities through our Workplace Health programme.
- Be part of identifying, and working on, your own professional development journey.
- Have a management team who genuinely care about giving you a great working experience, and about you being part of something that really matters.

## Something to consider before applying...

Our work is challenging, and so our core values act as a great reminder of who we are, what we want to achieve, and why we do what we do. With this in mind, we think it is important to think about the reality of the work you'll be part of, and to understand we often need to think outside the box when helping people change their behaviours. Three of the key areas you may need to do this are outlined below:

1. The causes of overweight and obesity are complex, and we continue to learn more about them every day. The solutions are similarly complex, and so a true understanding of, and empathy around, people's individual lives, environments, and situations is important.
2. Equally important, is an understanding of, and/or willingness to learn about, why people have the habits and behaviours they do, as this is the first step in understanding how to modify them. Being realistic around influencing factors such as culture, time, money, and health conditions, is essential in effecting sustainable behaviour change - our programmes therefore don't work around a set of 'dietary rules' to follow, rather empower people to find the changes that work for them.
3. We are an evidence-based organisation and adhere to AFN and HCPC Codes of Conduct. It is essential we keep up to date with Public Health guidance, as well as the information our participants are exposed to in the media; we need to be ready to address mis-information and direct participants to trusted sources.

We hope these are areas which, like us, you appreciate and value.

## Criteria for this post

### Qualifications

Essential / Desirable

- AFN accredited degree in Nutrition or HCPC registered degree in Dietetics ♥

### Experience

- Experience of working with groups of people. ♥
- Experience of supporting individuals on a 1 to 1 basis. ♥
- Experience in behaviour change. ♥
- Experience in delivering nutrition content. ♥
- Experience in antenatal and postnatal nutrition. ♥
- Experience of having to prioritise workload and manage own time effectively. ♥

### Skills

- Excellent oral and written communication skills adaptable for a diverse range of ages and backgrounds. ♥
- Good understanding of the principles of Confidentiality & Safeguarding. ♥
- Good presentation skills and ability to work effectively with individuals and groups. ♥
- Ability to present complex information in a simple, clear, and logical manner. ♥
- Good motivational skills ♥

## Personal Attributes

Essential / Desirable

- Good organisational skills and ability to manage and prioritise workload. ♥
- Empathetic, accepting, and respectful. ♥
- Passionate, motivated, creative, and innovative. ♥
- Confident, flexible, and adaptable. ♥
- Ability to reflect and appraise own performance and that of others. ♥

## How do you apply?

Please send us your current CV with a covering letter explaining how you meet each element of the criteria detailed above to [recruitment@beezeebodies.co.uk](mailto:recruitment@beezeebodies.co.uk).

## Your cover letter should also include answers to these questions:

1. Why would you like to work at BeeZee Bodies?
2. Why do you think you would be the best person for the job?
3. What would be the first thing dogs would say to their owners if they could talk?
4. Where did you see this advert?

The closing date for this post is **31st January 2020** with interviews taking place on **7th February 2020**. If you have any questions, please email [Recruitment@beezeebodies.co.uk](mailto:Recruitment@beezeebodies.co.uk)

You made it through all that information - now get that application started and make the first step towards a new and exciting job!

## Good Luck!