



Life Coach Job Description

Cherry Lane Therapeutic Children's
homes



Life Coach Job Description

POSITION: Life Coach

LOCATION: Cherry Lane Therapeutic Homes

REPORTS TO: Home Manager

MAIN PURPOSE OF JOB:

- To promote therapeutic practices and support the well-being of individuals, teams, and young people.
- To provide care and support for young people, helping to assess their needs and implement plans for their well-being.
- To assist in the administration and smooth running of Cherry Lane Therapeutic Homes.

RESPONSIBILITIES, DUTIES, AND TASKS:

Care and Support:

- Provide for the physical, social, emotional, cultural, and recreational needs of young people.
- Participate in creating and implementing support plans tailored to individual needs.
- Form positive relationships with young people to facilitate care and encourage their participation in home activities.
- Ensure that supervision and support for young people is maintained.
- Accompany young people on outside activities, including overnight or overseas trips.
- Participate in educational and training activities to further support the needs of young people.
- Physically intervene if required to keep young people and the wider community safe.
- Liaise with relatives, other significant people, and outside agencies to ensure comprehensive support and opportunities for families to be together.
- Actively promote the role and positive image of Cherry Lane Therapeutic Homes.
- Assist in domestic chores of the home, including shopping, cleaning, laundry, cooking, and minor maintenance.
- Encourage young people to become self-sufficient by drawing up and discussing appropriate support plans.
- Support young people in expressing themselves without escalation.
- Participate fully in the working rota, including a twenty-four-hour shift pattern and sleeping in duties on a regular basis.
- Be familiar with and adhere to Cherry Lane policies and procedures.



- Attend and actively participate in team meetings, case conferences, support planning, and residential meetings.
- Keep accurate and detailed case records using the designated case recording system.
- Assist in developing and maintaining good links with the local community.
- Perform any other duties as required by the Home Manager that fall within the scope of this post. Including additional roles in the home and with young people.
- Ensure that your conduct both within the workplace and outside does not reflect adversely on Cherry Lane Therapeutic Homes or its residents.
- Participate in staff development and training programs, including mandatory physical restraint training, formal supervision, and group discussion.
- Participate in the decision-making process of the home and identify areas for further development required by residents.
- Attend supervision on a monthly basis to ensure continuous professional development.

Therapeutic Practices:

- Ensure all interactions and interventions are grounded in therapeutic principles.
- Support young people in developing coping mechanisms, emotional regulation, and self-care practices.

Team Collaboration:

- Work as part of a team to create a supportive and safe environment for residents.
- Participate actively in team meetings, training programs, and staff development sessions.

Supervision and Activities:

- Provide supervision and support during activities, including outings and overnight trips.
- Maintain a safe environment and be prepared to intervene physically if necessary to ensure safety.

Liaison and Communication:

- Liaise with families, significant others, and external agencies to build strong relationships, support networks and ensure comprehensive support for young people.
- Maintain clear and accurate records of interactions, support plans, and progress reports.



Administrative Duties:

- Assist with daily administrative tasks, including record-keeping and report writing.
- Ensure compliance with Cherry Lane policies and procedures.

Community Engagement:

- Develop and maintain positive links with the local community to support the well-being of residents.
- Promote the role and positive image of Cherry Lane Therapeutic Homes.

QUALIFICATIONS AND SKILLS:

- Ability to form and maintain professional relationships with young people.
- Strong communication skills, both written and verbal.
- Ability to work collaboratively within a team and contribute to the home's development.
- Commitment to equal opportunities and anti-discriminatory practices.
- Capability to manage administrative tasks and maintain accurate records.
- Ability to work flexible hours, including overnight shifts and weekends.
- Experience or knowledge of therapeutic practices and residential childcare is desirable.
- Level 3 diploma in Residential Childcare, or equivalent, or capability and strong motivation to work towards this qualification.
- Strong emphasis on self-care and well-being, both personally and within the team.
- Dedication to fostering an environment where everyone looks after each other and takes personal responsibility for their self-care.
- Enthusiasm for promoting practices that support the physical, emotional, and mental well-being of young people and staff members.

EXPERIENCE:

- Experience in a similar role within therapeutic or residential childcare settings is desirable.
- Computer literacy is essential.
- A full driving license or a defined plan to achieve one is essential.
- A strong interest in learning and applying psychological and therapeutic ideas and practices to support young people's well-being.

KNOWLEDGE:

- Understanding of relevant childcare legislation, procedures, and responsibilities is beneficial.



- Desire to continually expand knowledge in psychological and therapeutic concepts to enhance care practices.