



## Personal Movement Coach and Instructor

### Background

ODC is a groundbreaking contemporary arts institution, delivering its mission through a world class dance company, an innovative presenting theater and digital platform, a dance school for movers of all ages and abilities, and ODC/Heath with initiatives including a fee-free diagnostic and educational Healthy Dancers' Clinic, and a fitness program for all levels and abilities. Guided by Founding Artistic Director Brenda Way, ODC is nationally recognized for its entrepreneurial spirit and artistic innovation. Unique for its fully integrated vision, ODC strives to inspire audiences, cultivate artists, engage community, and foster diversity and inclusion through dance performance, training and mentorship. ODC operates a two-building campus consisting of a Dance Commons and the ODC Theater in San Francisco's Mission District (when in-person activities are allowed), and a robust digital program for classes, performances and engaging dialogue. ODC's programs and activities have contributed to community development, arts education, and access to creative art-making for 50 years.

### Summary and Objectives of Role

ODC has expanded its health and wellness program to provide a fitness program which delivers a personalized fitness experience for people who desire the attention of a personal coach, as well as the community context of a welcoming classroom, and access to ODC's unique resources. ODC fitness participants value the strength, balance, and endurance of professional dancers and strive for their own health and fitness goals. Many also value enhanced access to personal creativity to enrich their overall well-being. **A key component of ODC's program are personal coaches who help participants develop confidence and technique so that they may fully experience the program and its menu of services.**

ODC is seeking an individual certified in personal training, with the enthusiasm and ability to inspire and motivate participants. This is an exciting moment to join the ODC team. The Personal Movement Coach will contribute to program development/evolution by determining opportunities to expand/refine existing class offerings, identifying new potential classes and teaching faculty, as well as by assessing inaugural impact of program and contributing to on-going messaging in order to articulate the value of a personalized cross-training curriculum to achieve optimal personal health goals.

Specific responsibilities will include one-on-one and small group meetings with participants to learn and discuss their fitness goals, assess their bodily strengths and weaknesses, and curate a customized ODC class curriculum for each participant. The Personal Movement Coach will provide assessment and guidance to facilitate and monitor participants' progress at regularly scheduled intervals. Initially, using their expertise in a variety of fitness methodologies, coaches will help develop and teach specialized and

fitness- based classes to a small cohort of students to develop and refine future offerings. Coaches will also tailor the material of each class to meet the needs of students.

*\*\*When appropriate, The Personal Movement Coach will also advise the client on additional, curated health and wellness resources and provide referrals (eg. ODC's Healthy Dancers Clinic and/or providers working in nutrition, mental health and performance coaching, and injury prevention/rehab; an expanded curriculum including recommended ODC dance classes in a wide variety of genres; and other health-and-wellness / creativity content).*

This position reports to the **Health Initiatives Program Director** and works in close coordination with our Business Development Fitness Consultant. As a pivotal member of ODC's health and wellness program team, charged with assisting in program development, the Personal Movement Coach will provide regular feedback, data, and agreed-on metrics to relevant ODC staff in the Executive team, School, Healthy Dancers Clinic, Marketing and Development.

### Responsibilities

- Evaluate individual participants' fitness levels and overall physical condition
- Curate and "assign" individualized fitness offer for incoming participants to respond to their goals/needs, from the suite of available offerings (e.g.; Sweat, Flex, Flow, Deepen, and Fit Fusion and other types of ODC classes)
- Provide instruction in multiple fitness modalities to deliver ODC Fit program and to contribute to design/development future offerings. Review and refine classes as needed in coordination with ODC Fit and Health team.
- Determine optimal frequency and format to monitor and track participants' activities, progress-to-goals, and outcomes
- Update customized recommendations/referrals for participants based on assessments
- When SF permits in-person attendance in ODC classes, participate in program refinement and expansion with relevant ODC staff teams (informed by lessons learned from pre-launch digital and initial in-studio offerings)
- Build a positive, respectful relationship with participants reflecting ODC's values to foster mutual trust and well-being

### Job requirements/Desired skills

- Must be at least 21 years-of-age and eligible to work in the US
- Personal training or group training certification
- Previous experience as a personal trainer or relevant role
- Ability to guide and motivate clients
- Available to work flexible hours
- Excellent written and oral communication skills
- Experience creating/delivering instruction/coaching on-line (live or pre-recorded) a plus. This may include experience in / with self-capturing content and/or working with production, camera and sound crews). Note: *ODC is currently delivering all programs in digital format and anticipates partial on-line delivery even once return to in-person activities in-studio are allowed.*

- Bachelor's degree in Kinesiology or related field is a plus
- Knowledge and experience of various movement/ athletic training required
- Must have current, valid certificates in CPR and first aid (for once program is in-studio)
- Must be able to demonstrate with clarity and control

This position will work primarily out of the ODC Campus, including the Administrative Offices and studios located at 351 Shotwell Street, and 3153 17th Street, San Francisco, CA 94110 once ODC is able to conduct in-person activity as well as from remote locations and via digital platforms.

### **To Apply**

Please send your resume and cover letter to [hr@odc.dance](mailto:hr@odc.dance), stating the job title in the subject line.

Hours: To be confirmed, est. 2-5 hours a week to start

Compensation: \$50 per hr

People of diverse sexual orientations, gender expressions and identities, people of color and people with disabilities are strongly encouraged to apply.

**No phone calls please.**

**Principals only. Recruiters; please don't contact this job poster.**

**Please do not contact job poster about other services or products.**