



# We're hiring!

Join our team

A large background image showing a group of diverse people's hands stacked in a circle, symbolizing teamwork. A thick blue curved line separates the top text area from the bottom image.

**Health & Wellness  
Expert**

Role: Health & Wellness Expert  
Reporting to: Head of ToHealth  
Location: London

### Role:

An exciting opportunity has arisen for the position of an enthusiastic Health & Wellness Expert to our Wellness and Neurodiversity Solutions division, To Health. The role will be homebased and with travel in and around London.

To Health currently delivers a range of services and assessments to both the private and public sector and consumers. Those assessments include supporting employee's/clients with disability (neurodiversity) in the workplace and independent students and individuals.

- ❖ Working with or within organisations to develop and embed health and wellbeing strategies, including review and guidance on organisational policies and procedures, data and risk analysis and building business cases.
- ❖ Ensure that work is underpinned by sound, up-to-date knowledge of health promotion theory and make sure that projects are based on evidence of effectiveness.
- ❖ Delivery of health promotion campaigns, initiatives and programmes and ability to show measurable benefits / outcomes.
- ❖ Understanding and application of underlying principles of behaviour change and motivational interviewing, including coaching individuals to improvements in health behaviours.
- ❖ Delivery of workshops and training relating to health and wellbeing.
- ❖ Working autonomously and remotely, with occasional overnight stays
- ❖ Effective time management, prioritising, communication and project management skills
- ❖ Good initiative and problem-solving abilities
- ❖ Keep working practices in line with company accreditations including ISO 9001, 27001, SEQHOS and IIP
- ❖ Ensure any medical equipment used is calibrated and safety tested.
- ❖ Providing general support to the ToHealth Team Manager.
- ❖ Store all data in line with Data Protection Principles and ensure that all documentation is uploaded to system in the relevant areas.

### About You:

BSc or equivalent in Health Promotion, Sports Science, Workplace Wellbeing, Nutrition, Exercise Science, Psychology, Public Health

- ❖ Competent at delivering all aspects of health promotional activity.
- ❖ Highly organised and process driven individual, with knowledge of project management principles.
- ❖ Knowledge of evidence-based nutrition, exercise, physical activity, sleep health, stress management and resilience, smoking cessation principles and other areas relating to health improvement.
- ❖ Experience taking clinical measurements, interpreting results and developing meaningful action plans for individuals. Corporate and personal Health Screening experience is desirable. Phlebotomy is desirable.
- ❖ IT Literate.
- ❖ Valid driver's license and own car.
- ❖ Effective communications skills.
- ❖ Good organisation skills the ability to work to deadlines & prioritise.
- ❖ The ability and commitment to desire to be part of a team that seeks to provide the highest levels in a professional services business.
- ❖ Experience of working within or with an Occupational Health or Wellbeing Organisation.

If you're looking for your next career move and are wanting to work with a rewarding company, please get in touch with our Recruitment department for a confidential chat about joining the

PAM Team. [Recruitment@pamgroup.co.uk](mailto:Recruitment@pamgroup.co.uk)

### Employee Benefits:

- ❖ We pay your auto-enrolment pension contribution of 8%, you can also make enhanced contributions which are matched up to 5%
- ❖ You will have a life insurance scheme valued at 4 x your annual salary
- ❖ 33 days annual leave including bank holidays
- ❖ Health Cash Plan Scheme, which covers you for things like Opticians, Dental Treatment and even Physio if needed!
- ❖ Flexible Working Hours
- ❖ Access to a 24/7 EAP Counselling line and a 24/7 GP line
- ❖ Amazing discounts on things like food and drink, retail and days out, all through our rewards scheme.
- ❖ Support with training and development

### Our Values:

At PAM we are passionate about people and delivering our Everyday Things That Matter Values and Behaviours to our customers and our colleagues. Our cultural philosophy is based on putting our people first, creating high performing teams who deliver great services for our clients.

We're looking for driven and ambitious professionals to join our team, who are just as passionate about our philosophy and values as we are:

- Hard Work & Enthusiasm; we believe hard work should be rewarded, we go the extra mile to achieve our goals and support each other and enthusiasm and passion are part of our DNA.
- Teamwork & Friendship; our colleagues share a sense of belonging; we understand collaborative working means better decisions making and we support each other to achieve common goals.
- Loyalty & Improvement; we are dedicated to personal and professional development. Our PAM Academy mentors' colleagues and provides support to help you be the best you can through offering a wide range of CPD opportunities.

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