



## About Head In The Game

Head In The Game is a mental health charity built on lived experience. We use sport as a powerful vehicle to support people with their mental fitness, prevent suicide, and build stronger, more connected communities. Through group-based sessions centred around sport and open conversation, we create spaces where everyone feel safe to talk, be themselves, and take steps toward better mental health.

We've supported hundreds of men across the UK through our 12-week programmes, grassroots sessions, and wellbeing activities – and we're growing.

As part of our expansion into North Kent / South London, we're looking for a compassionate, skilled and confident sports coach to lead our mental fitness sessions and build a supportive local group.

## The Role

As a Mental Fitness Sports Coach, you'll be responsible for delivering high-quality, welcoming weekly sports sessions for adults, with mental health at the heart. These sessions are not performance-based; they're about connection, support, and enjoyment. Your role is to help create a safe environment where men feel able to talk, play, and look after their mental fitness together.

You'll work closely with our local delivery team and receive ongoing support and training, but you'll also need to be confident working independently to run your local group.

## Key Responsibilities

- Deliver inclusive, friendly weekly football sessions that prioritise mental wellbeing
- Create a safe, non-judgemental space where men feel comfortable to talk and connect
- Build positive relationships with participants, encouraging engagement and peer support
- Maintain clear and professional communication with the Head In The Game team
- Support signposting to other relevant services or support when appropriate
- Ensure safeguarding, confidentiality and participant safety at all times
- Collect basic monitoring information (e.g. attendance records, short feedback)

## Person Specification

### Essential:

- Experience coaching sports (minimum FA Level 1 / Introduction to coaching or equivalent)
- Understanding of or lived experience with mental health and the challenges people face
- Confident and compassionate group leader
- Excellent communication skills and ability to build trust with participants
- Organised, reliable and able to work independently
- Committed to Head In The Game's mission and values
- Based in or near Bexley and available to deliver sessions weekly

### Desirable:

- Experience working in a mental health or community setting
- Mental health first aid training or willingness to undertake it
- Safeguarding training (or willingness to complete it)