



Optimal Performance Limited
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E-mail: enquiries@optimalperformance.co.uk
www.optimalperformance.co.uk

EXCITING JOB OPPORTUNITIES IN THE UNITED ARAB EMIRATES

Health Promotion and Behaviour Change Specialist (£27-£37k salary +
living allowances)

with OPTIMAL PERFORMANCE LIMITED (OPL)

Position

Optimal Performance Ltd (OPL) is seeking to appoint a **Health Promotion and Behaviour Change Specialist** to work within the Health Education and Research Section of an existing Health and Sports Medicine Centre. The Centre is located at the Military High School in Al Ain in the Emirate of Abu Dhabi (see background and OPL UAE mission).

Job Specification

- Design, implement and evaluate interventions and campaigns to promote healthy living
- Develop and implement group and individual counselling sessions designed to promote healthy behavioural change in the adolescent population i.e. smoking cessation clinics; physical activity clinics
- Assist with the collection, entry and analysis of all student health and physical performance data to monitor longitudinal changes in health and performance indicators
- Aid the design and development of resources to improve the students' education, awareness and adoption of principles for leading a healthy lifestyle
- Assist with the subject content and production of all promotional material (e.g. leaflets, posters)
- Aid the design and development of an interactive website to improve the students' education, awareness and adoption of principles for leading a healthy lifestyle
- Develop a rapport with local health agencies (e.g. Ministry of Health, Health Authority Abu Dhabi) and academic institutions to keep abreast of health initiatives and campaigns in the UAE
- Review extant literature on a regular basis to ensure that interventions and campaigns are aligned with conceptual frameworks underpinned by current health promotion theory.



Employee Specification

Essential

- Degree in Health Promotion and Behaviour Change or a related discipline (e.g. Health Psychology, Public Health)
- Minimum of 3 years' experience working as a Health Promotion Specialist or in a similar role, including counselling skills
- Proven track record of developing, implementing and evaluating health promotion interventions and campaigns
- Excellent analytical skills with a strong grasp of current Health Promotion and Behaviour Change theory and practice
- Proficient IT (Microsoft Word, Excel and PowerPoint), organisational, management and administrative skills.

Desirable

- Higher degree in Health Promotion or a related discipline (e.g. an MSc or PhD in Health Psychology, Public Health)
- Minimum of 1 year experience working with adolescents, preferably male
- Proficient use of Microsoft Publisher and other design and web page creation software
- Knowledge of Arabic culture and language.

Personal Qualities

- Energetic and motivated with excellent interpersonal and communication skills
- Ability to manage effectively own workload and set realistic deadlines
- Ability to be flexible, adapt to and manage change
- Professional integrity, resilience and patience.

Timescales

The closing date for application is 12th February 2010, 13:00 (GMT). Interviews will be held in the United Arab Emirates (UAE) on 26th – 28th February 2010. The start date is 1st April 2010 or as soon as possible thereafter up to 1st June 2010. Contracts will be for approximately two years in the first instance (up to 31st March 2012), including a probationary period of three months. Contract extensions beyond two years are possible.



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Remuneration

Competitive remuneration packages will be offered comprising a combination of salary and allowances for accommodation, travel, medical insurance and schooling. Salaries are potentially tax free, if employees comply with HMRC personal taxation rules.

Contact

The OPL website is located at www.optimalperformance.co.uk. For further information on the position contact James Carter on 00971 (0)50 135 2716 between the hours of 08:00 and 15:00 (GMT) Sunday to Thursday or email james@optimalperformance.co.uk. To formally express an interest email Judith Norton (judith@optimalperformance.co.uk) with a cover letter (one page maximum) and CV (three pages maximum, including two nominated referees), by the 12th February 2010. Applicants are asked to include in their letter a) a signed declaration confirming that all the details contained in their CV and letter are to the best of their knowledge accurate and b) their available start date.

OPL UAE Mission

To optimise the health, fitness and wellbeing of future Armed Forces personnel in the United Arab Emirates by conducting systematic health-based interventions, with ongoing monitoring and evaluation to demonstrate effectiveness.

UAE Background

The Military High School (MHS) in the oasis city of Al Ain provides academic training for ~800 young Emirati men aged 13-18 following the SABIS (Choueifat) curriculum. The school also introduces young men to military life via the teaching of basic military skills (e.g. drill, weapons handling), leadership training, physical training and the teaching of 'life' skills. In the first half of 2007 OPL were invited by the UAE government to conduct an audit of the health and nutrition of MHS students. In 2008, on the back of recommendations that emerged from this audit, OPL were commissioned to help set up and run a Health and Sports Medicine Centre (HSMC) at the school.

The Centre, which has run successfully for almost two years, comprises a mixture of Emirati nationals and expatriate professionals (personnel from Great Britain and Ireland, New Zealand and Malta) working in one of three sections. The Physical Training and Rehabilitation Section designs the physical training programme, monitors it for effectiveness and rehabilitates injured students and staff using physical therapy. The Health Education Section promotes healthy lifestyles through monthly health campaigns, a school newsletter, a Health and Fitness syllabus and by carrying out research to assess the effectiveness of all the Centre's initiatives. The Nutrition Section works alongside catering staff to ensure healthy and balanced meals are provided and a colour-coded 'traffic light' food labelling system allows students to make informed choices. In addition, three dieticians run weight management clinics and workshops throughout the school day for underweight and overweight students.