



POSITION DESCRIPTION

Contract Program Leader: Yoga

Wellspring Alberta is a charitable organization that supports, informs, and empowers those diagnosed with cancer by helping them address the fear, isolation, disruption, and practical problems cancer can bring to their lives. An affiliate of the Wellspring Cancer Support Foundation, Wellspring Alberta provides a comprehensive range of programs, support, and resources, so anyone living with cancer and the people who care about them can improve the quality of their lives. All programs and services are informed by evidence and offered free of charge and without referral in three centres and online. Our vision is that no one has to face cancer alone.

Wellspring Alberta's work is made possible through the generous donations of individuals, corporations, foundations, and grassroots fundraisers, and with the efforts of committed volunteers, dedicated staff, and skilled contracted program leaders.

Wellspring Alberta's Program Leader team is a team of highly skilled professionals with big hearts. Wellspring Alberta offers over 70 evidence-informed programs. Each program is unique and requires a different skill set. Most yoga programs are an hour long and run once per week in eight-week sessions.

The opportunity:

Reporting to the Program Director and working closely with the program team, the paid contracted Program Leader is responsible for the program's leadership.

Yoga is an ancient and well-known practice encompassing various poses and postures that promote flexibility, strength, and balance while bringing awareness to breath and mindful presence. There are many different types of yoga practices, but all aim to enhance mental and physical well-being by cultivating self-awareness and inner connectedness. Wellspring offers a wide variety of gentle yoga practices.

Wellspring Alberta is hiring this position for in-person programming leadership at Edmonton House.

Responsibilities:

- Abide by the standards of leadership and policies outlined in Wellspring's Program Leader's Guide.
- Create a welcoming and safe environment that encourages members to share.
- Provide participants with safe participation guidelines, including a reminder about confidentiality at the start of each class.
- Guide members through gentle and safe yoga practice.
- Assist new members to integrate into the group.
- Ensure all members are provided with equal opportunities to share within the group if there is a sharing component of the program.
- Maintain primary responsibility for the leadership and management of the group process.
- Refer any issues or concerns that require follow-up to the program team.
- Engage in the Wellspring culture of philanthropy by taking opportunities within the program setting to recognize the importance of philanthropy for program delivery.

Required knowledge and skills:

- Be a graduate of a recognized post-secondary institution.
- Be certified in yoga and provide proof of certification.
- Have three years experience leading groups.
- Are aware of diverse needs and practice inclusive leadership.
- Experience in oncology, chronic disease or with vulnerable populations is an asset.
- Yoga leaders with their [Cancer and Exercise certification](#) will be given preference.

To apply:

We offer an empowering and inspiring team environment.

To apply, please submit a cover letter and resume to nikif@wellspringalberta.ca. This posting will close once we have found a successful candidate. We wish to thank all applicants for their interest, however, only those selected for interviews will be contacted.

Inclusion Statement

Wellspring Alberta is committed to being an inclusive organization. We are in a process of expanding the diversity of identities and lived experiences, to be more reflective of the communities in which we work and live. To support this process, we've become an employer partner of the Canadian Centre for Diversity and Inclusion, developed an Advisory group, and we are taking action as part of our commitment to Diversity and Inclusion. We understand we're on a journey, which will take time, and that increasing equity in our organization and in cancer care is critical.

We encourage applications from groups that are typically under-represented in cancer-serving organizations including BIPOC (Black, Indigenous, and People of Colour) individuals, LGBTQ2S+ identifying individuals, persons with disabilities, and candidates from all equity seeing groups.

We welcome you to contact us for a conversation about accessibility and accommodations throughout the recruitment process.

We know that women and people of colour are less likely to apply for roles unless they meet every single requirement. If you're excited about the role, but your qualifications don't match perfectly, we encourage you to apply.

We appreciate your interest in Wellspring and warmly welcome all applications.