

## **BWL Performance Lifestyle Advisor:**

This role presents an exciting opportunity to shape the support provided within key areas of Performance Lifestyle (PL) across the BWL World Class Programme (WCP), based at the National Performance Centre in Nottingham. Weightlifting graduates to a WCP following a successful four years in the Paris Olympic Cycle.

This role offers an interesting opportunity for a suitably qualified practitioner to work closely with the BWL-WCP Multi-Disciplinary Team to create a lifestyle support strategy that enables athletes to shape their lives outside of sport. The successful applicant will also be a member of the BWL Mental Health & Wellbeing Working Group and will have the opportunity to evolve the support offered to athletes. The focus of this role will be on the delivery of performance lifestyle services to BWL WCP athletes, around the established camp and competition schedule. This role is a good fit for someone seeking a flexible working pattern.

We are looking for someone who is passionate about working with athletes to develop skills that enable them to grow beyond their sport, and the skills to help them navigate and learn from success, failure, transition, and setbacks. The aim is to foster resilient, confident, and hard-working athletes with the potential to excel professionally after their athletic journey concludes.