

**Type of Opportunity:** Health & Wellness Coaching

**City:** San Francisco

**State:** California

**About Lantern:**

Finding emotional well-being during life's twists and turns isn't easy.

Accessing care is at best expensive, and at worst completely out of reach.

That's where Lantern comes in. Founded in 2012 in San Francisco, we're a team of researchers, technologists, and clinicians translating clinical research and expertise into simple, effective web and mobile programs based on cognitive behavioral therapy.

We envision a world in which people think differently about their mental health—where they feel empowered to take a simple step toward self-improvement. We're on a mission to make this happen, and we're looking for passionate, smart, fun, and dedicated people to join our team.

We hope that's you.

**Job Description:**

In this remote, part-time position (20 hours per week), the Wellness Coach will be responsible for directly coaching a high volume caseload of Lantern users on skills to improve emotional wellbeing. Current program tracks focus on anxiety, body image and disordered eating, and stress, with more in development for future release.

Compensation is \$20/hour with opportunity for increase with excellent performance. This position is benefits eligible.

**Primary Responsibilities:**

Coach users in behavior change and self-care habit-building to improve emotional wellbeing, reduce anxiety and stress, improve body image, and other areas to be determined. This includes:

- Becoming an expert in our product
- Engaging new users in a 20-minute introductory phone call
- Responding to incoming user messages within 24 hours
- Offering personalized, meaningful feedback to users about their questions and experiences with the Lantern techniques and lessons
- Participating in two consultation groups per month
- Relaying constructive, actionable feedback about the coaching product
- Identifying and responding appropriately to users whose mental health needs exceed Lantern's offerings

**Skills:**

- High technology fluency and comfort learning new technology applications
- Be adaptable and thrive in a dynamic environment
- Have excellent written and oral communication
- Knowledge of coaching techniques such as Motivational Interviewing, SMART goal setting, assessing stages of readiness for behavior change, etc.
- Competency in Cognitive Behavioral Therapy is not required but is preferred.

**Qualifications:**

- Hold advanced degree such as MSW, MPH, MA/MS in related field such as Health Education, Public Health, Social Work, Mental Health Counseling, Behavioral Health, etc.
- Applicants with advanced degrees in progress will be considered.
- For non-mental health professionals, certification or coursework in wellness coaching or health education is preferred.

-Have 1-2 years of experience working as a wellness coach, case/care manager, and/or therapist, preferably with a caseload greater than 100 clients.

-Experience coaching to a program or providing manualized or protocol-based intervention -Interested in high volume contact with users looking to improve different aspects of emotional wellbeing (anxiety, body image, stress, disordered eating, relationships, mood, sleep, etc.)

Apply online: <https://boards.greenhouse.io/lantern/jobs/15459>

**Contact:** Joan Zhang

**Telephone:** (281) 836-2195

**Email:** [joanzhang@golantern.com](mailto:joanzhang@golantern.com)

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