



## Freelance Workshop Facilitator - Job Description

**Role title:** Freelance Workshop Facilitator

**Salary:** £38.53 per hour

**Contract dates:** TBC

**Application deadline:** 23:59 Friday 26th 2024

### Role Description

Our team of facilitators are at the heart of Body Respect Project's work. They deliver workshops in secondary schools that support students in fostering positive body image and increased self-esteem. Through these workshops, facilitators help students challenge unrealistic body expectations from an intersectional framework.

### Responsibilities

- Deliver engaging and impactful workshops on self image for young people in secondary schools
- Create a brave and supportive space that is inclusive of all identities, and that prioritises the mental, emotional, and physical well-being of all participants.
- Maintain clear and professional communication with school staff and the project manager throughout the planning and delivery of the workshops
- Have the opportunity to help design workshop content and exercises that centre the experiences and voices of marginalised communities, including Black, LGBTQ+ individuals, disabled people, and others who are often excluded from mainstream body image discourse.
- Collate feedback from the students/teachers and share with team

### About Body Respect Project

The Body Respect Project believes education has a vital role in promoting equity and inclusion for our future generations. By promoting self-love and body acceptance from an intersectional framework, we ensure young people are accepting of themselves and others' differences.



We  
are

working to educate young people about unrealistic and discriminatory body standards through interactive and holistic workshops/talks. It is our mission for young people to be in uplifting school communities where they know their worth and thrive with an awareness of their inherent value.

### **How to apply**

To apply please send your CV and a short cover letter (up to 500 words) or video application (up to 5 minutes) [info@thebodyrespectproject.com](mailto:info@thebodyrespectproject.com)

In your application, please outline how your skills and experience meet the criteria as stated below.

If sending a video application, please send your video via WeTransfer link.

If you would like to submit your application in any other format please email [info@thebodyrespectproject.com](mailto:info@thebodyrespectproject.com) to discuss this further.

*Applications will be reviewed on a rolling basis. Interviews will be scheduled on Thursday or Fridays.*

### **Criteria**

<b>Values</b>
Demonstrated commitment to social justice, equity, and inclusion, with a willingness to learn and grow.
Empathy and compassion for others, especially young people.
A growth mindset.
<b>Skills</b>
Excellent facilitation skills, including the ability to engage and motivate young people and create interactive and impactful experiences.
Ability to adapt workshop content and be responsive to the immediate needs of the group.
Confident in conflict resolution and navigating tensions within groups, whilst being able to



uphold key safeguarding principles.

Ability to work independently and collaboratively.

Excellent communication and interpersonal skills, including the ability to build strong relationships with school staff and project partners.

Being a reliable and punctual individual with strong organisational skills.

**Knowledge**

Strong understanding of the intersectional factors that influence body image, including race, gender, sexuality, and ability.

Knowledge of social justice issues, equity, and inclusion principles.

Understanding the issues and structural factors that impact disenfranchised/disadvantaged young people's lives today living in London.

Safeguarding of young people in school settings.

**Experience**

Previous experience in facilitating workshops, particularly in educational settings.

Experience in designing workshop content, exercises, and tailoring them to diverse audiences.

Previous experience working in school settings.