

Content and Facilitation Lead: Female Athlete Health

Job title:	Content and Facilitation Lead: Female Athlete Health
Location:	Remote, with one day in the office in central London per week
Terms:	Full time Remote working arrangements with in-person event delivery, evening or weekend workshops and events and at least one day per week working from The Well HQ London Bridge office
Salary/rate:	£40,000-£45,000 FTE PAYE employment status with standard benefits
About us:	<p>The Well HQ helps active women, and those who support them, gain knowledge and know-how to work with and not against their bodies so they can thrive in health, in sport, in life.</p> <p>Led by Co-founders Emma Ross, Bella Smith and Baz Moffat we are on a mission to empower women across the lifespan, with the knowledge and wisdom they need to achieve health, happiness and success, whether in work, sport, family or life. Using our experience of working in elite sport, women's health and general practice, we want to improve body literacy in all women. We believe an understanding of how our biology and anatomy works, and how that influences body, behaviour and emotion has the potential to help women everywhere, in all walks of life, to capitalise on their untapped potential, reduce anguish and anxiety, and experience life in a new way.</p> <p>We are focused on transforming the system for women in sport, fitness & wellness through expert consultancy, education, and real-world solutions. You can find out more about us, our co-founders, our mission and our brand on thewell-hq.com</p>
About the role:	<p>We are seeking a dedicated and detail-oriented Content and Facilitation Lead to support The Well HQ's mission of transforming the landscape of women's health through credible, impactful education. This vital role will play a central part in researching, shaping, and developing evidence based, accessible content and deliver engaging workshops on the topics of female health in sport and exercise.</p> <p>As Content and Facilitation Lead, you will be responsible for developing a range of high-quality written materials, from client-facing resources and internal knowledge tools to workshop support documents and strategic reports. You will ensure all content is evidence-based, clearly communicated, and aligned with our distinctive tone of voice and scientific integrity. Working closely with co-founders and subject matter experts, you will translate complex research into accessible narratives that resonate with our audiences.</p> <p>The ideal candidate combines scientific rigor with exceptional communication skills, bringing academic knowledge to life in a way that resonates with diverse audiences from elite athletes to grassroots coaches.</p>

Key Responsibilities:

- Lead and manage content-focused projects independently, ensuring deadlines are met and progress is communicated clearly to the Chief Scientific Officer and Project Lead.
- Develop high-quality, evidence-based educational content across a wide range of women's health topics relevant to sport and physical activity.
- Design and deliver engaging workshops, presentations, and in-person sessions to diverse audiences across sectors.
- Contribute to the creation of impactful workshop materials and training programmes tailored to client needs.
- Write clear, concise, and compelling content including blog posts, articles, social media content, and learning resources for clients and stakeholders.
- Stay current with scientific research in female athlete health and synthesise findings into accessible, practical applications for our audiences.
- Collaborate with clients to understand their needs and tailor content appropriately to ensure relevance and impact.
- Collect qualitative and quantitative data to measure the impact of content and workshops, including focus group facilitation and insight reporting.
- Represent The Well HQ in line with our values of credibility, care, collaboration, effort and inclusivity.

Key Skills:

- **Subject Matter Expertise:** Strong understanding of women's health and its intersection with sport, fitness and wellbeing across life stages.
- **Communication:** Exceptional written and verbal communication skills with the ability to convey complex information in an accessible and engaging way.
- **Delivery & Facilitation:** Confident presenting to different audiences, with the ability to adapt tone and content delivery accordingly.
- **Content Design:** Proficiency in presentation and visual design tools (e.g. Canva, PowerPoint) to create clear, engaging and brand-aligned materials.
- **Organisation:** Excellent project and time management skills, with a proactive and self-motivated approach to workload and deadlines.
- **Collaboration:** Strong interpersonal skills to build effective working relationships with internal team members and external stakeholders.
- **Insight & Evaluation:** Experience in measuring impact through data collection, focus groups and report writing.

Ideal candidate:

Essential

- Advanced degree in psychology, sports science, physiology, or related field
- Experience creating evidence-based content that translates complex scientific information into accessible formats
- Experience facilitating workshops or training sessions to diverse audiences

- Comfortable discussing sensitive women's health topics with diverse audiences
- Strong understanding of women's health
- Excellent research skills with ability to critically evaluate scientific literature
- Exceptional written and verbal communication skills
- Ability to work collaboratively in a remote team environment
- Self-motivated with strong organisational and time management skills
- Experience with Google Workspace and presentation design tools
- Willingness to travel for workshops and team meetings

Desirable

- PhD or specialised training in women's health or female athlete health
- Experience working with sports organisations or elite athletes
- Background in developing educational resources or training programmes
- Experience conducting research or evaluating programme impact
- Experience in managing relationships with clients and stakeholders

We strongly encourage individuals from diverse backgrounds to apply, even if you don't meet every requirement. At The Well HQ, we value potential and passion, and we're committed to providing equal opportunities for all to thrive.

This job description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of the organisation.

How to apply

Please apply by Wednesday 30th April, 17.00, to hello@thewell-hq.com with your CV and cover letter. Please also include an example of content that you have created which aligns with the role requirements.

Shortlisted candidates may be invited to interview in London / remotely.