



MAKING LIFE WORK WITH MENTAL ILLNESS

Exercise Activity Leader

Online Position – Oakleaf Enterprise

Oakleaf Enterprise is looking for an enthusiastic and compassionate **Exercise Activity Leader** to deliver online exercise and movement sessions for adults managing their mental health and wellbeing.

About Oakleaf:

Oakleaf Enterprise is a mental health charity supporting adults across Guildford and Waverley. Since 1997, we have helped people improve their wellbeing, build confidence, develop skills, and feel less isolated.

About the Role:

We are looking for a self-employed Exercise Activity Leader to facilitate engaging and inclusive online exercise sessions for Oakleaf clients. We are interested in a wide range of exercise and movement-based activities, including:

- General fitness and exercise
- Dynamic exercise sessions
- Stretch and mobility
- Strength and conditioning
- Cardio and movement sessions
- Balance and coordination activities
- Healthy lifestyle and wellbeing activities

Please note: this role does not include yoga sessions. Sessions should be supportive, adaptable, and suitable for adults with different fitness levels, abilities, and mental wellbeing needs.

The aim of the sessions is to help participants:

- Improve physical and emotional wellbeing
- Build confidence and motivation
- Reduce social isolation
- Develop healthy routines
- Increase energy and resilience through movement

Sessions usually run once a week in course blocks of 4, 6, 8 or 12 weeks, depending on the programme.

This is an opportunity to work alongside a respected local mental health charity and make a positive difference in people's lives.

Key Details

- Position: Self-employed Exercise Activity Leader
- Location: Online
- Session length: Typically 1 hour per week, per group
- Course format: 4–12 week blocks

Our Vision:

People are empowered to manage their mental health and wellbeing and are supported to achieve their goals.

Our Mission:

To transform lives through the provision of support, training and wellbeing activities, building new futures with adults managing their mental health.

Our Values:

Respect, Empathy, Support, Inclusivity and Integrity.

We ask that you have relevant qualifications and/or experience for your activity area. You will need your own public liability insurance and Oakleaf will complete a DBS check. If you are passionate about supporting people with their wellbeing and would like to create safe, engaging, and inclusive sessions, we would love to hear from you. Please contact Mariann, The Activities Wellbeing Co-ordinator via email on mariannkallai-walker@oakleaf-enterprise.org with your expression of interest and CV.