



JOB DESCRIPTION: Whistle Instructor
REPORTS TO: Executive Director

IMPACT instructors provide opportunities for people to experience victory over fear and trauma. We teach life-saving skills designed to build confidence and safety. We work with an exclusive team of instructors who believe that self-defense is about much more than physical strikes, and are committed to helping others access their own power. Our graduates describe the experience as "life changing," "empowering," and as an important part of their trauma healing.

ABOUT THE POSITION

This position includes extensive training (200+ hours) to become part of a teaching team instructing persons of a wide range of ages and backgrounds to stay safe using awareness, boundary-setting, and full-force physical defense skills. Whistle Instructors work in teams with our Suited Instructors to teach physical and verbal self-defense strategies and coach student practice in role-play practice "fights". Whistle Instructors are the lead instructors, responsible for class plans, time management, student support, and creating an empowering and healing learning environment. IMPACT provides all training, gear, and equipment. Because of the significant cost and extensive training required for this position, we are looking for applicants willing to make a minimum 3-year employment commitment.

PAY RATE & SCHEDULE

Training is paid at \$16.30/hour and instructor pay starts at \$25/hour. The number of monthly hours per week after training is based on instructor availability and can range from 5 to 50 hours per month. Training and public classes take place on evenings and weekends. Private classes for schools, companies, etc. take place on weekdays; therefore weekday availability is also desired.

QUALIFICATIONS

- Able and willing to teach a physically demanding curriculum (up to 8 hours per day / up to 3 days in a row) including verbal boundary setting, deescalation, and simulated physical and sexual assault scenarios
- Able and willing to provide support to class participants through a training process that at times may be difficult and emotionally charged
- Substantial experience in at least one of the following areas: teaching, counseling, martial arts, work with trauma survivors, working with youth, social work, criminal justice, acting, improv, or personal safety
- Demonstrated capability in working with people of different ages, genders, and nationalities through teaching, customer service, etc.
- Excellent time-management and multi-tasking abilities
- Reliable access to a car with cell phone preferred
- Evening/weekend availability required; occasional weekday availability preferred
- Bilingual (English/Spanish) preferred
- Personal qualities of reliability, flexibility, honesty, excellent communication skills, emotional intelligence, and ability to set and model healthy boundaries

JOB RESPONSIBILITIES

- Prepares class plans and materials prior to class
- Manages teaching and volunteer staff during class, manages time, supports students, and maintains physical and emotional safety.

- Teaches IMPACT full-force physical self-protection skills to students
- Teaches IMPACT verbal de-escalation and self-protection skills to students
- Attends quarterly staff meetings
- Lifts, moves and arranges heavy gym mats and other supplies in training space and returns equipment to its proper place
- Maintains individual schedule of off-site classes and arrives at classes in a timely manner
- Works as part of a team with other instructors

ABOUT IMPACT

For over 30 years, IMPACT Bay Area has offered violence prevention programs that empower community members with the confidence and skills to defend themselves and others. Our signature full-force self-defense courses offer students the opportunity to learn and practice verbal and physical skills under adrenaline against a Suited Instructor. Our courses are trauma-informed, and our instructors are trained to work with trauma survivors. The techniques we teach are research-based, effective, and accessible to many levels of physical ability. We currently offer affinity spaces for girl-, woman-, LGBTQ-, and BIPOC-identified people.

TO APPLY

Please send a resume and cover letter describing your passion for this work to linda@impactbayarea.org.

