

HikeFit Facilitator & Community Coach

Casual Contract | Hybrid (Online + Some Face to Face)

Take Shape Adventures

About Take Shape Adventures

Take Shape Adventures designs adventure-based wellbeing experiences that help people build confidence, resilience, and connection through nature and challenge.

Our community includes beginners, mid-life women, adventure-curious humans, and people who often feel “not fit enough” — until they realise they are more capable than they think.

HikeFit is our weekly adventure training and wellbeing program, and we are now looking for the right person to help deliver and grow it alongside our membership.

The Role

We're looking for a HikeFit Facilitator & Community Coach to work with our team to deliver our HikeFit program and support our wider membership platform and client community.

This role is not about smashing people with workouts.

It *is* about:

- Creating belonging
- Building client confidence
- Holding people accountable
- Helping participants move through fear, excuses, and self-doubt
- Guiding people towards outdoor goals and adventures

You'll be the consistent, supportive presence inside the program and membership.

Key Responsibilities

HikeFit Program Delivery (Core Focus)

- Facilitate our ongoing 6-week HikeFit program (online, with some optional face-to-face sessions)
- Lead or support:
 - Weekly live online sessions (Q&A / coaching / movement)
 - Program check-ins and accountability
- Support participants as they work towards:
 - An outdoor goal
 - A day hike or adventure
 - Increased confidence and fitness
- Help participants feel safe, capable, and supported — especially beginners

Community Building & Accountability

- Be active and encouraging inside the HikeFit and membership community
- Respond to questions and support participants between sessions
- Help reduce fear of “not being fit enough”
- Celebrate wins, progress, and consistency
- Encourage ongoing engagement and belonging

Membership Support

As HikeFit participants transition into membership, you will:

- Facilitate occasional sessions inside the membership (movement, mindset, Q&A)
- Support members with consistency and accountability
- Help shape simple training pathways for members
- Work alongside the TSA team to grow the value and experience of the membership

Program Development

- Provide feedback on what's working and what's not
- Help refine progressions, structure, and delivery
- Contribute ideas that improve participant experience

Who This Role Is For

This role would suit someone who is:

- A qualified PT (or equivalent)
- Experienced with online coaching or group facilitation
- Comfortable working with a range of clients, including beginners
- Confident adapting exercises, programs, and offering options
- Calm, warm, encouraging, and inclusive
- Interested in adventure, hiking, or outdoor movement
- Values wellbeing, mindset, and community as much as fitness
- Happy working in a dynamic, collaborative, evolving role
- Comfortable being on camera for live sessions or recording content

Qualities:

- Care about people, their fitness, wellbeing and goals
- Understand fear, motivation, and confidence
- Be able to guide people through excuses with compassion and structure

What This Role Is Not

- Not a bootcamp or high-pressure PT role
- Not a solo role — you'll work closely with Tracey and our team
- Not focused on aesthetics or weight loss

Contract Details

- Casual contract
- Initial commitment aligned to HikeFit program cycles (6 weeks at a time)
- Opportunity for ongoing work through:
 - Repeated HikeFit cycles
 - Membership facilitation
 - Future retreats, events, and corporate programs
- Hours will vary depending on program cycles and delivery

Why Work With Us

- Be part of a purpose-led adventure wellbeing business
- Work with a values-aligned community

- Help people do things they never thought they could
- Grow with a program that will scale through 2026
- Opportunity to shape the role as the program grows

How to Apply

You do not need a polished CV, tell us who you are and how you can assist.

To apply, please send:

- A short intro about you
- Your PT / coaching background
- Why this role appeals to you
- Any experience with group facilitation or online coaching