

CHP coach wanted!

Apply
Now!

BreakExpress

We are looking for you to join the TU Braunschweig's Corporate Health Promotion team as a trainer for the PausenExpress.

The 15-minute PausenExpress is a weekly short session offering an active break for staff at TU Braunschweig. The exercise sessions consist of a mix of mobility, strength and stretching exercises. The main focus is on mobilising, strengthening and loosening up the shoulder, neck and back areas.

Activities:

You will lead the PausenExpress on site for the small groups.

Times:

You are available on one or more weekdays, e.g. between 11.30 am and 2.00 pm, with fixed appointments to be arranged

Training venue:

In offices, seminar rooms, corridors or, alternatively, outdoors

The BreakExpress is paid €8.50 *per 15-minute session*. As a PEX trainer, you will usually deliver several PausenExpress sessions per day (depending on the sessions booked by the teams).

If you're interested, please get in touch with us: bgf@tu-braunschweig.de



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