

Performance Lifestyle Advisor

Responsible to	Performance Lifestyle National Lead
Location	National Tennis Centre, 100 Priory Lane, Roehampton, London SW15 5JQ
Salary	Day rate dependant on experience. Circa 2 days per week, contract until 31 st Dec 2026 with possible extension into 2027.

About the role

The LTA's vision is "Tennis Opened Up" and its mission is to make tennis Relevant, Accessible, Welcoming and Enjoyable for all. This role will work as part of the Performance team to support players, throughout the Wheelchair Performance Pathway, to manage their lifestyles to maintain success on and off court. The Performance Lifestyle Team's support is person first and wellbeing centered, and this role will play an integral part in offering players holistic support to ensure the management of any lifestyle related issues. This role will be predominantly based at NTC on a Tuesday and Wednesday but some flexibility will be required.

Key Accountabilities

- To work within an interdisciplinary Psycho-Social team to improve performance of players through developing and implementing bespoke Performance Lifestyle support with focus on the areas of:
 - Personal Development
 - Wellbeing and Mental Health
 - Professional skills development
 - Financial Management
 - Managing transitions and change
 - Managing education and career development
- To work closely with National Coach Case Managers and the Performance Support Lead and conduct individual 1-2-1 lifestyle profiling sessions supporting the creation of individual personal development plans for players on the Wheelchair Performance Pathway.
- To create, build and sustain excellent relationships with players, parents and coaches of players on the Wheelchair Performance Pathway.
- To work with the Wheelchair Sports Physician and Clinical Psychologist to co-ordinate the monthly Wheelchair Wellbeing Meetings ensuring notes are taken, actions are followed up and the team maintain a co-ordinated approach to providing gold standard Mental Health and wellbeing support to players.
- To work with the Wheelchair Performance Pathway team to develop and deliver a comprehensive parent engagement & education strategy.
- To assist the Performance Lifestyle National Lead and Wheelchair Tennis Operations Manager to ensure Safeguarding standards are maintained and that the welfare of all players, parents & coaches within the player pathway is always a priority.
- To create, build and sustain effective working relationships with Coaches and Wheelchair Support Staff

as well as the wider Performance Directorate.

- To work closely with the Performance Lifestyle National Lead, the Psycho-Social team and with colleagues in the Sport Science and Sports Medicine team to ensure that all services align and complement each aspect of the LTA performance strategy and operations.

Person Specification

Experience in the provision of Performance Lifestyle support to high performers in sport or education. This experience should include work with groups and individuals	Essential
Knowledge and understanding of how to engage and communicate with people of all ages, especially those between the ages of 14 and 24 years old.	Essential
Experience of supporting individuals with their personal or professional development	Essential
Knowledge, understanding and experience of using coaching and mentoring skills & models	Essential
Experience of supporting others with their wellbeing & mental health	Essential
Experience of working within interdisciplinary teams	Essential
Experience and understating of working with people who have a disability	Desirable
Knowledge and understanding of the UK education system	Desirable
Knowledge and understanding of a high performance environment and the issues facing high achieving, talented young people	Desirable
Experience in educating adolescents through a variety of mediums and styles	Desirable

Knowledge, Training & Qualifications:

A qualification at degree level (or equivalent) in sports management, sports science, psychology, education or a related discipline	Essential
A post graduate qualification in a related field – e.g Lifestyle Management, Coaching & Mentoring or Counselling	Desirable
Mental Health First Aid or similar	Desirable
TALS or similar	Desirable

Personal Attributes

<i>Inclusion</i>	<ul style="list-style-type: none">• Create an environment where people feel safe and welcomed• Value people's differences and believe they make us stronger• Take the time to learn more about inclusion and remove any current or potential barriers
<i>Teamwork</i>	<ul style="list-style-type: none">• Able to work on own initiative and appreciate the high level of accountability.• A great leader and motivator of others• A great communicator both internally & externally• Always prepared to work collaboratively
<i>Integrity</i>	<ul style="list-style-type: none">• A high degree of emotional intelligence and self-awareness, with the ability to adapt style to meet the needs of the audience.• Will always suggest improvements to ways of working• Will be comfortable challenging groups or individuals to ensure high levels of work• Treats others as you wish to be treated
<i>Passion</i>	<ul style="list-style-type: none">• A genuine passion for people and good customer service ethic.• Highly proactive with a 'can-do' attitude• Hard working & driven to succeed and achieve our mission
<i>Excellence</i>	<ul style="list-style-type: none">• Always aims to achieve the best possible outcome• Develops plans based on best practise and previous experience• Seeks support from colleagues to improve outcomes• Will be happy to take the more challenging route if it results in higher quality outputs

Our Culture

The LTA, through its vision "Tennis Opened up", is committed to creating a diverse environment where all colleagues feel included and a strong sense of belonging. We are proud to actively invite applications from all candidates who meet the essential criteria and can work in the UK. We commit that everyone will receive equal consideration for employment irrespective of your ethnicity, religion, sex, gender reassignment, sexual orientation, age, any disability, marital or civil partnership status, and pregnancy or maternity status.

To truly deliver our vision of "Tennis Opened up", we believe it is critical that the LTA plays our part in contributing to a healthier and more sustainable society. We want to grow tennis in Britain, but do so in a responsible way, protecting and supporting the environment and working with everyone in the sport to tackle our climate impacts. We are committed to ensuring a lasting future for tennis in Britain, and our Environmental Sustainability Plan sets out how we will do this.

Find out more here

- [Life at the LTA](#)
- www.lta.org.uk/sustainability