

Compare roles in health

Not sure where to start with the hundreds of careers in health? Use our compare roles section to get bite-size information on the entry requirements and training, pay and conditions, prospects and skills needed of up to three roles. If there is something that you think you could do, then get more in-depth information on the role.

Don't forget, you can also save your role comparisons by registering with us.

Health trainer ^[1]

Health trainers offer practical support to their clients to change their behaviour and achieve their own health goals.

Training and qualifications required

The nationally recognised training for Health Trainers has been the City and Guilds level 3 Certificate for Health Trainers. However, this is no longer offered and a new qualification is being developed by the Royal Society for Public Health. This is expected to be available in 2019 and once completed, you will be able to work as a health trainer.

Expected working hours and salary range

Hours of work can vary depending on the individual role although its usual to work fairly standard hours of up to 37.5 per week. For example, some services may be run out of standard office based hours, during the evening or at weekends to increase access. Salaries can also vary depending on the employer, though usually could expect to earn between £17-20,000 (around band 2-3 of Agenda for change if employed by the NHS).

Desirable skills and values

As a health trainer, you'll have knowledge and an interest in things that help people to stay healthy and you'll enjoy working closely with people. Examples of some of the particular skills and qualities you'll need as a health trainer include: good all round people skills, good time-management and planning skills and an ability to work both independently and as part of a team.

Prospects

With relevant experience, you could apply for more senior health trainer roles, practitioner,

management and service development roles.

Related roles

- [Public health practitioner](#) [2]
- [Public health manager](#) [3]
- [Healthcare assistant](#) [4]
- [Support, time and recovery worker](#) [5]

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Links

[1] <https://www.healthcareers.nhs.uk/explore-roles/public-health/roles-public-health/health-trainer>

[2] <https://www.healthcareers.nhs.uk/explore-roles/public-health/roles-public-health/public-health-practitioner>

[3] <https://www.healthcareers.nhs.uk/explore-roles/public-health/roles-public-health/public-health-manager>

[4] <https://www.healthcareers.nhs.uk/explore-roles/wider-healthcare-team/roles-wider-healthcare-team/clinical-support-staff/healthcare-assistant>

[5] <https://www.healthcareers.nhs.uk/Explore-roles/wider-healthcare-team/roles-wider-healthcare-team/clinical-support-staff/support-time-and-recovery-worker>