



O2X ASSISTANT INSTRUCTOR

1099 Contractor

WHO WE ARE

At O2X, we improve the lives of tactical athletes through world class Human Performance programs. Our work extends to over 100 federal, military, and municipal organizations, where we aim to cultivate a culture of wellness, support healthy lifestyles, and reduce healthcare costs linked to injuries and illnesses. Rooted in our shared passion for improving lives, our team dedicates itself to continuous improvement, striving to make our clients, and ourselves, 1% better every day.

THE ROLE

Assist in on-site human performance education and training for various first responder and military units. An Assistant Instructor must gain thorough knowledge of O2X mission, offerings, value proposition, client motivation and delivery processes. The Assistant Instructor will work in close collaboration with the Lead Instructor to successfully execute his/her role assisting on-site training across the country. Position requires travel and occasional assistance in other company operation areas. The role includes varying weeks per year of travel to conduct events anywhere from one to five consecutive days of training (can vary based on conversations with leadership and schedule availability of contractor).

KEY RESPONSIBILITIES

- O2X Assistant Instructors provide support to our Lead Instructor during the course of an event. You help relate science and research to personal experiences. Assistant Instructors stage equipment, assist in workouts, and encourage participants.
- Assistant Instructors are essential for ensuring a smooth flow of events and connections with our participants.
- Assistant Instructors should have a desire to learn and gain an understanding of each pillar of human performance.
- Conduct on site coordination with human performance specialists to ensure readiness and successful execution of program objectives
- Organize and streamline functions related to execution and content delivery
- Communicate strategic recommendations to operations leadership

MINIMUM REQUIREMENTS

- Prior experience as a tactical athlete or as a member of a high performing team is preferred.
- Prior experience in the Human Performance fields, preferably with tactical athletes.
- Assistant instructors come from a variety of backgrounds. While there is not one specific certification or level of certification required, Assistant Instructors must be self-motivated, driven problem solvers and clear communicators.
- Expertise or personal experience in at least one of the pillars of O2X's EAT SWEAT THRIVE methodology is preferred.
- Demonstrated project management skills and strong problem-solving skills
- Proven verbal and written communication skills

DESIRED TRAITS AND SKILLS

- Passionate about joining the O2X team and mission serving tactical athletes
- Professionalism and maturity

- Self-awareness and ability to self-correct
- Ability to effectively relay and communicate feedback to the team and individuals
- Positive and 'Can Do' attitude
- Inclusive, helpful and team-oriented mindset
- Self-motivated, high energy, aspiration to succeed
- Superior organization and multitasking skills
- Ability to work under pressure in a fast-paced environment
- Proactive and persistent
- Creative and innovative, with a desire to enhance the customer experience
- Excellent communicator with the ability to develop lasting internal and external relationships
- Ability to lead by influence
- Flexible and adaptable: Team Player
- Ability to think critically
- Strong time management
- Proficient in basic computer skills required for the role (PowerPoint, Word, Excel)