



ROLE: Tier 2 Sleep Counsellor

CRITERIA	ESSENTIAL	DESIRABLE
Qualifications Required	<ul style="list-style-type: none"> • Completion of a Sleep Scotland Sleep Counselling training course • Qualification or equivalent experience in additional support needs, e.g. Autism, FASD, learning disabilities 	<ul style="list-style-type: none"> • None
Skills/ Competencies	<ul style="list-style-type: none"> • Excellent telephone skills • Excellent communication skills • Excellent people skills • Ability to manage own caseload and seek further support, when required • Excellent IT Skills including the Microsoft Office suite 	<ul style="list-style-type: none"> • None
Knowledge	<ul style="list-style-type: none"> • Knowledge of the physiology and psychology of sleep • Knowledge of good sleep hygiene 	<ul style="list-style-type: none"> • None
Previous Experience	<ul style="list-style-type: none"> • Experience in practicing sleep work with at least 6 families and children with additional support needs 	<ul style="list-style-type: none"> • Experience of supporting individuals/families via telephone
Special Attributes	<ul style="list-style-type: none"> • Commitment to the mission and aims of the organisation • Commitment to the Values of the organisation • Attention to detail 	<ul style="list-style-type: none"> • Commitment to ethos of the voluntary sector
Personal Qualities	<ul style="list-style-type: none"> • Enthusiastic and outgoing • Strong interpersonal skills/people person • Able to work flexibly • Able to maintain a professional attitude at all times and operate within confidentiality guidelines 	
Requires to be mobile/Driving Licence Required:		<ul style="list-style-type: none"> • No
Disclosure		

PERSON SPECIFICATION

CRITERIA	ESSENTIAL	DESIRABLE
Required:	<ul style="list-style-type: none">• YES – PVG	