

Wellbeing Champion Training (Tailored)

Delivery:	Virtual classroom or F2F (5 – 15 people)
Duration:	Full day
Suitable for:	All employees



Course Overview

This practical and interactive workshop will build delegates' awareness, knowledge and understanding of the key principles of health and wellbeing. Participants will discover how to inspire and motivate colleagues and peers to make informed choices, leading to healthier, happier lives. Wellbeing Champions take on an important role in the organisation:

- Champion the area of health and wellbeing
- Act as an information hub, signposting key services and resources
- Work as a local, dedicated on-site point of contact
- Run mini marketing campaigns to promote different wellbeing topics
- Organise inspiring live events to encourage healthy living
- Gather and monitor feedback to inform future initiatives
- Support the successful delivery of key elements of the organisation's Wellbeing Strategy

*Wellbeing Champion Training is **fully tailorable** to meet the specific needs of your organisation.*

Course Outcomes

By the end of this workshop you will be able to:

- Inspire and support colleagues and peers to make informed choices and get their health and wellbeing back on track
- Recognise the different aspects health and wellbeing and how to positively influence these
- Support colleagues and peers to overcome challenges and follow through with desired changes
- Build rapport and trust with others as a respected champion of health and wellbeing
- Feel confident in your ability to communicate and lead health and wellbeing campaigns that will potentially change lives
- Collaborate with fellow Wellbeing Champions to build a clear action plan which will support you in delivering greater health and wellbeing in your organisation.