

BECOMING A WORKPLACE WELLBEING CHAMPION

Many organisations understand the importance of health and wellbeing in the workplace and are now training their employees to become Wellbeing Champions. Wellbeing Champion training provides a cost-effective route for securing more support for health and wellbeing initiatives, which is ideal for larger companies and those with multiple sites.

The main responsibilities of a Wellbeing Champion are:

- To champion and promote relevant health and wellbeing messages and events
- To promote health and wellbeing activities to colleagues
- To provide basic information to colleagues about the Health and Wellbeing programme
- To signpost colleagues to relevant services and sources of information
- To promote a healthy culture within the workplace by leading by example
- To understand the limitations of the role and when to refer people and to whom they should be referred.

COURSE BRIEF

Wellbeing Champion training is an ideal way to equip key employees with basic wellbeing advice, core communication skills and the confidence to inform and assist their colleagues in the health and wellbeing arena. They will learn to build confidence in their ability to communicate and lead health and wellbeing initiatives that could potentially make a significantly positive difference to the lives of others.

This is often a part-time role which appeals to individuals who have an interest in health and wellbeing or those that are enthusiastic and talented at engaging others with programme initiatives.

What the course covers:

- Understanding what wellbeing is – including a look at the most up-to-date research
- Understanding what affects a person's wellbeing
- How to maintain one's own wellbeing and lead by example
- Understanding the role of a wellbeing champion and its limitations
- Knowing when and where to refer people
- Identifying different sources of help
- Planning a wellbeing programme using the Five Ways to Wellbeing
- Helping others to take responsibility for their own wellbeing and how the various roles of the Karpman Triangle can impact on their doing so.

Delivery options:

Bitesize (3.5 hrs) or Full Day

Maximum number: 16

Please contact training@bristolmind.org.uk for fees