

WELLBEING CHAMPIONS

WE ARE **WELLBEING**

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WE'RE HERE TO ...

CREATE A PLACE WHERE
PEOPLE THRIVE!

WE ARE **WELLBEING**

WELLBEING CHAMPIONS



Champions Training

1 Day In-Person or 2 x 1/2 Days Online

Champions Training: Wellbeing At Work

An interactive training course that provides the delegates with the practical tools and techniques to support themselves and their colleagues through difficult times and periods of high demand.

Champions Training has been created to proactively support a culture where people thrive. We do this by placing focus on the cause not just the treatment. Champions Training has been created in partnership with our team of Wellbeing Experts.

Delivered over two half days on-line or 1 day in-person Champions Training covers the essential components of our Manageable Health. These components include Physical, Mental & Social Wellbeing.

It's important for the organisation to facilitate and make wellbeing more accessible, but it's crucial for employees to take accountability for their own health and wellbeing.



Champions Training

Session 1

Course Content - 3 Hours

- **Introductions**
 - What does being well mean to you?
 - What do you want to gain from the course?
- **Wellbeing**
 - Physical, Mental, Social, Financial
 - Industry Specific Challenges
- **The Role Of A Champion**
 - Industry/Organisation Specific
 - Non diagnostic
 - Proactive Health & Wellbeing Advocates
- **Understanding Stress**
 - Recognising stress
 - Resilience
- **Introduction to Mental Health**
 - Mental Health vs Mental Ill Health
 - Pit Theory - Being A Compassionate Colleague

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Champions Training

Session 2

Course Content - 3 Hours

- **Colleague Support**
 - Building Rapport
 - Sign Spotting & Sign Posting
 - Having Good Conversations
- **Proactive Wellbeing At Work**
 - Health Awareness & Promotion
 - Using The Champions Toolbox
- **Motivational Interviewing**
 - Asking The Right Questions
 - Supporting Ambiguity
- **Behaviour Change**
 - Formulating Habits
 - 8x6 Principle
 - Using The Champions Toolbox
- **Next Steps**
 - Accountability
 - Ongoing Support
 - Keeping The Momentum





Bolt On Workshop

Session 3 (optional)

Course Content - 3 Hours

- **Physical Activity**
 - Inactivity Risk Factors
 - The Recommendations
 - The Benefits
- **Nutrition**
 - The Basics - Micro & Macro Nutrients
 - Hydration, Caffeine & Alcohol
 - Energy Levels - Blood Sugar Regulation
- **Sleep**
 - Sleep Science
 - Sleep Hygiene
 - Building A Routine
- **Ergonomics**
 - Musculoskeletal Imbalances
 - Core Activation
 - MSK Recommended Daily Exercises
- **Mindset**
 - Positive Psychology
 - Gratitude
 - Growth Mindset



Share-Learn-Grow

Quarterly Catch Up's

60 Minute Sessions

Keep your network of Wellbeing Champions active, engaged and connected with our quarterly Share-Learn-Grow sessions. Each session will focus on a different wellbeing related topic and reinforce the role of a Champion.

Share

- Success In Your Role
- Challenges In Your Role
- Support Needed

Learn

- Additional Content & Skills Development
- Content Voted For By The Champions
- Sleep, Energy, Ergonomics, Self Care, Mindset, Physical Activity etc

Grow

- Toolbox Updates
- Using New Resources
- Staying Active As A Champion

Champions Network

Quarterly Connect & Share

60 Minute Sessions

Wellbeing Champions Networking Sessions

- Invitations For 2 Champions From Each Organisation
- Quarterly Facilitation Sessions
- Opportunity To Discuss...
 - Challenges
 - Best Practice
 - Upcoming Events/Topics
 - Ideas & Initiatives
 - Further Support Required



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Champions Toolbox

Practical Tools To Help You Help!

Wellbeing Champions are trained to support their colleagues using a range of practical tools and techniques in order to develop self awareness, positive coping strategies and actionable goals.



8x6 Behavior
Change Programme



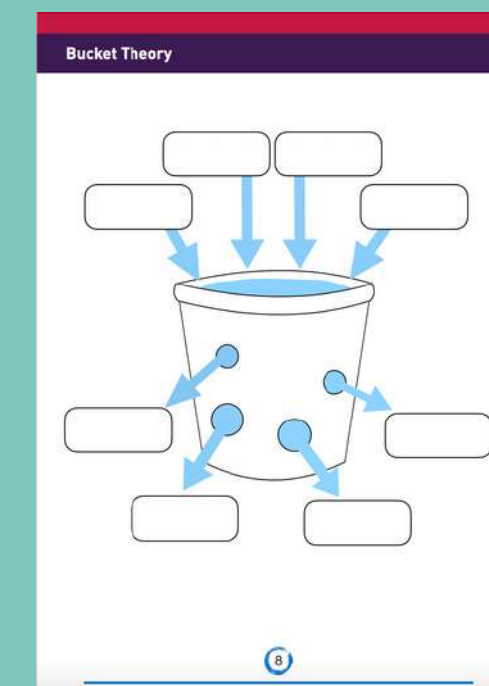
Posture Care
Exercises



Resilience
Questionnaire



Wellness
Wheel



Bucket
Theory

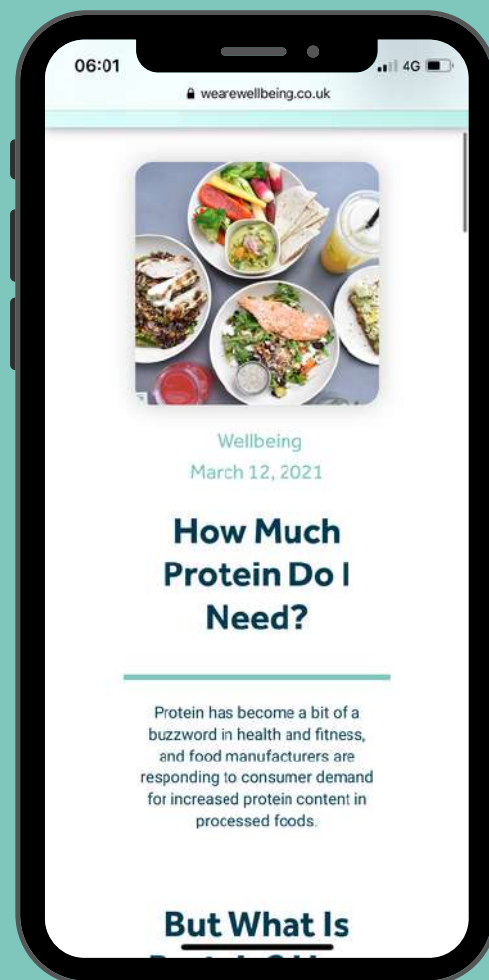


Mental
Health

Champions Resources

Wellbeing Insights Series & Library

Wellbeing Champions receive access to our Wellbeing Insights Series.
12 x Pre-Recorded Wellbeing Webinars & Weekly Updates Blogs from our Experts.



Champions Pack



Workbook



Pin



Pen



Lanyard



CPD Certificate



**NEW
HABITS**

8x6 Principle

Create Habits To Create Lasting Change

Behaviour Change is the basis of everything we do at We Are Wellbeing. Part of the role of a Wellbeing Champion is to support their colleagues to identify health improvement opportunities and implement a strategy for change. We created a programme called The 8x6 Principle which focuses on eight blocks of six weeks in each calendar year.

The 8x6 Principle supports employees by ...

1. Identifying personalised wellbeing priorities
2. Creating a highly achievable wellbeing goal
3. Breaking down the goal into weekly milestones
4. Completing the goal in 6 weeks
5. Experiencing a sense of accomplishment
6. Building motivation through success



ENGAGEMENT

Wellbeing Champions in the workplace are an extension of the We Are Wellbeing Team. They will drive engagement for your existing initiatives and create new opportunities to drive wellbeing.



ACTIONABLE

Champions proactively create a culture where people thrive. Through health & wellbeing promotion, sign spotting & sign posting they empower their colleagues.



SUPPORT

We Are Wellbeing pride ourselves on our long term relationships with our clients. We ensure Champions are set up for success and we'll be on hand for future support.

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Post Course Feedback

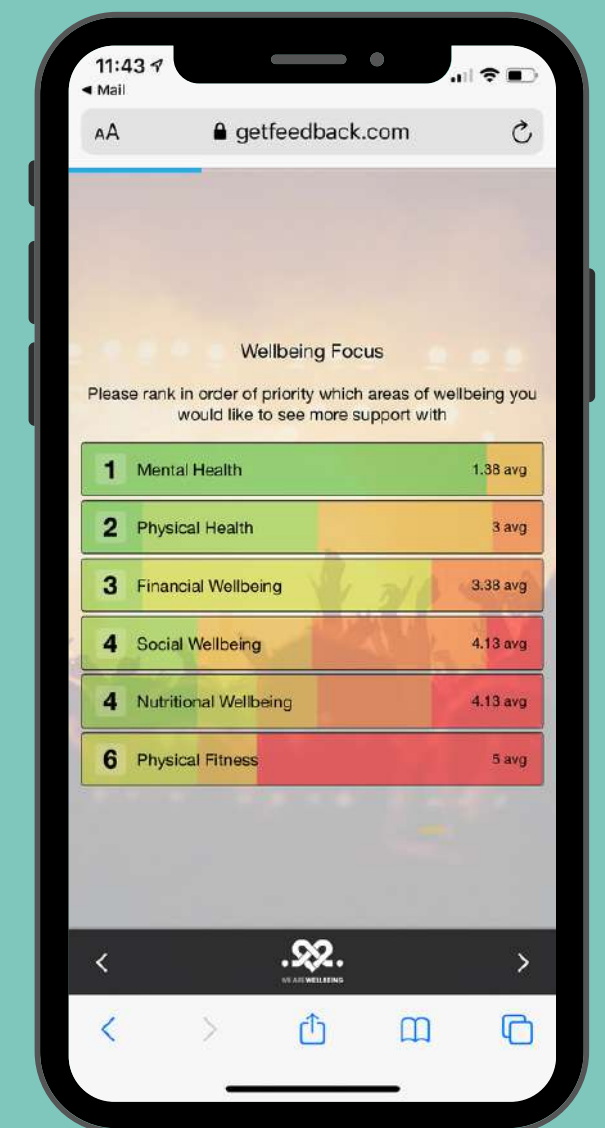
We utilise digital surveys to gain feedback for every session we deliver and share the results with our clients and trainers. This allows us to maintain high standards and develop content continuously.

"Excellent session, very competent presenter who holds your interest throughout the training session."

"A very interesting and informative course great content and lots of useful information to use after the course which is really good"

Great session content and trainer Chris created a nice and relaxed atmosphere for the training."

"Loved it! Loads of info, got some great ideas from the team! Very excited about being a Champion. Excellent presenter too."



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