LiveWell Dorset – Community Training Offer

LiveWell Dorset (LWD) offers a single-point-of-access hub providing free information and support to adults living in Poole, Bournemouth and Dorset who are seeking to improve their own health and wellbeing. As a non-clinical service, we strive to support individuals to initiate lifestyle changes which will benefit their physical health and wellbeing. Our team of Wellness Coaches are the experts in initiating behaviour change and work with our clients through regular coaching sessions to ensure sustainable lifestyle improvements are made.

As a universally accessible service, LWD would like to reach out to the community and provide an introduction to Health, Wellbeing and Behaviour Change through a series of training sessions. The sessions are designed to be sequential, although they can be stand-alone. The rationale is to support those working in the community to develop the skills needed to promote health and wellbeing amongst themselves, co-workers and service-users. The modules available are summarised in the table below.

<table>
<thead>
<tr>
<th>Course title / description:</th>
<th>Learning Objectives:</th>
<th>Useful For:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Essential Guide to the 5 Ways to Wellbeing</strong></td>
<td>➢ Understand what each of the ‘Five Ways to Wellbeing’ are.</td>
<td>✓ Enhancing your own wellbeing.</td>
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<tr>
<td>- Level 1 Training Session.</td>
<td>➢ Consider how these are or can be applied to your own life and/or to supporting others.</td>
<td>✓ Learning about tools you can share with others to support them to enhance their wellbeing.</td>
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<tr>
<td>- Provides an <em>introduction</em> to wellbeing, behaviour change and the role of LWD in supporting this.</td>
<td>➢ Know where you can seek further support and information to build on your learning.</td>
<td>✓ Knowing how to get started with making a positive change.</td>
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<tr>
<td>- 1.5 hours.</td>
<td>➢ Understand the importance of SMART goals and how to use them.</td>
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<tr>
<td><strong>Managing Stress: Your Guide to Building Resilience</strong></td>
<td>➢ Know what stress is and recognise the signs of stress.</td>
<td>✓ Enhancing your own wellbeing</td>
</tr>
<tr>
<td>- Level 1 Training Session.</td>
<td>➢ Understand the causes of stress and the relationship between transition/change and stress.</td>
<td>✓ Learning about tools you can share with others to support them to enhance their wellbeing.</td>
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<tr>
<td>- Provides a <em>guide</em> to protecting yourself against everyday stresses and the role of LWD in supporting this.</td>
<td>➢ Recognise unhealthy coping strategies and understand how LWD can support change.</td>
<td>✓ Knowing how to get started with making a positive change.</td>
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<tr>
<td>- 1.5 hours.</td>
<td>➢ Develop resilience-building, positive stress-management techniques.</td>
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</table>
# LiveWell Dorset – Community Training Offer

Currently the training offer is available to staff and volunteers within **Local Authority, Voluntary Services and Health & Social Care Services**. This offer is funded by Public Health Dorset, so there is no cost for you to procure training.

Training must be booked through the process outlined overleaf, and the provision of training will be contingent on the organiser fulfilling the Organiser Requirements outlined overleaf.

<table>
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<tr>
<th>Course title / description:</th>
<th>Learning Objectives:</th>
<th>Useful For:</th>
</tr>
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</table>
| **Talking about Health and Wellbeing: How to Start That Conversation**  
- Level 2 Training Session.  
- A more detailed session providing *skills* to support others initiate behaviour change.  
- 1.5 hours. | ➢ Understand the role we play in supporting people to initiate healthy change.  
➢ Understand the Stages of Change and how we can support someone to move through them.  
➢ Develop ‘Healthy Conversations’ skills to support people to take the next steps to improving their health, including:  
  - Open Discovery questions  
  - Reflection  
  - SMART(ER) Goal setting | ✓ Understanding the nature of behaviour or lifestyle change.  
✓ Feeling confident to start a conversation about health and wellbeing at every opportunity.  
✓ Supporting others to make positive changes to their lifestyle. |
| **Making Positive Changes: Skills to Motivate and Support Others**  
- Level 3 Training Session.  
- Teaches *skills and techniques* to elicit the motivation in others that is needed for them to make sustainable behaviour change.  
- 2 hours. | ➢ Understand the Stages of Change and how we can support someone to move through them.  
➢ Know the basic principles of Motivational Interviewing (MI).  
➢ Learn about tools and techniques to support the use of the MI principles.  
➢ Practice applying these principles and techniques. | ✓ Understanding the nature of behaviour or lifestyle change.  
✓ Learning skills to elicit and strengthen people’s motivation for change.  
✓ Gaining confidence in talking to others about health, wellbeing and lifestyle.  
✓ Supporting others to make positive changes to their lifestyle. |
Booking and Delivery Process:

If you would like to make a booking, having reviewed all the information in this document, please contact our Training Co-Ordinator Lydia Turnbull to register your interest. Email: lydia.turnbull@livewelldorset.co.uk  Phone: 07471 902580.

- Lydia will arrange a consultation to discuss your training needs, whether our offer will be appropriate for your organisation, and to finalise which modules you would like to book.

- You will be sent a Training Booking Form to complete, including date(s), times, venue details and expected numbers of delegates. Your booking can only be made on return of a fully completed booking form.

- When your booking is confirmed, you will receive your pre-course information pack by email.

- The pre-course information will include a small amount of paperwork to be completed or circulated to delegates ahead of training.

- Training will be delivered and will include an opportunity for all delegates to provide feedback via an Evaluation Form.

- Training slides and other resources will be shared with the organiser to disseminate to delegates as appropriate.

Organiser Requirements:

In order make a booking for LWD to deliver training to your organisation, you will need to:

- Follow the booking process outlined above, giving reasonable notice for the Training Co-Ordinator to process your request.

- Provide a suitable venue and a group of 10-20 delegates. You will be responsible for booking individual delegates onto the course and LWD will liaise with you as the organiser, rather than with individual delegates.

- Give reasonable notice if you need to cancel or amend your booking.

- Provide full details requested on the Booking Form and complete pre-course administrative tasks as requested at time of booking. This helps to ensure training runs smoothly and that all parties have the information they need.

We look forward to hearing from you and supporting your organisation to inspire positive, healthy change.