

Cambridgeshire & Peterborough Healthy Workplace offer

Workplace Health Champions training

Since 2009 workplace wellbeing has been supported by a number of Public Health partners in the East of England with some 350 trained champions supporting their organisations to improve employee wellbeing. Each champion has been trained in the Royal Society of Public Health workplace champions training, 'Understanding Health Improvement' trained by an experienced workplace RSPH accredited trainer. The training has allowed them to build capacity and sustain the momentum of their workplace wellbeing strategy.

The training

RSPH Workplace health champions training-'Understanding Health improvement'

This one day training course, which leads to an accredited Royal Society of Public Health (RSPH) Level 2 Award in Understanding Health Improvement, covers examples of inequalities in health within the UK, how individuals can help others improve their health through effective communication and some of the lifestyle factors that can impact on health and well-being. The course is assessed by a multiple-choice test consisting of 30 questions.

Target audience

Available only to workplaces based in Cambridgeshire, aimed at wellbeing leads and staff within an organisation

Course aims

To give you and others within your organisation a wider understanding of health inequalities within the workplace, to enable champions to sign post staff to health support locally and support the wider organisational wellbeing strategy.

Course outputs

Participants should be able to:

- Improved understanding of national health inequalities
- Understanding of local support for employees
- Improved communication skills
- Ability to listen and sign post to wellbeing support

Course details

Cost: FREE training funded through the Public Health workplace offer

For more information or book your place on the next training session please email: Debbie.longhurst@livingsport.co.uk