

HEALTH CHAMPIONS IN THE WORKPLACE

Role of the Health Champion

Many organisations are training elected employees as Health Champions within the workplace. This is a part-time role which appeals to individuals that may have an interest in health and wellbeing or those that are enthusiastic and talented at engaging others with programme initiatives. It provides a cost-effective route for securing more support for health & wellbeing initiatives and increasing their sphere of influence especially within larger organisations or those with multiple sites around the UK.

The Health Champions:

- Champion the area of health and wellbeing within the organisation
- Act as an information hub for existing policies and initiatives
- Signpost employees to all the available resources
- Source information, leaflets etc for health awareness topics
- Ensure the intranet is providing sufficient information for each topic
- Create mini marketing campaigns for each health topic, health promotion workshop and wellbeing initiative
- Organise exciting live events with local businesses, charities etc
- Gather feedback from employees to see what is working well and what is working less well

Health Champion Training

Health Champion training is an ideal way to equip key employees with basic health advice, core communication skills and the confidence to inform and assist their colleagues in the health & wellbeing arena. They will learn to build confidence in their ability to communicate and lead health campaigns that potentially could change lives.

The Wellbeing Project is an accredited centre for Health Champion training with the Royal Society of Public Health. We can provide training which results in a Level 2 RSPH Understanding Health Improvement Qualification. This is currently a 1 day training programme with a short examination at the end. This qualification is recognised by the Department of Health and is a stepping stone for the full Health Trainer role.

Alternatively we can create your own bespoke full day or half day programme to meet your desired learning outcomes providing participants with the necessary skills to positively influence health and wellbeing within your organisation and to support your specific health and wellbeing strategy.