

HEALTH CHAMPION TRAINING

RSPH Understanding Health Improvements Qualification Level 2 (QCA)

Duration: 1 day

Participants: 15-20 maximum

Do you have an interest in inspiring and motivating others to improve health and wellbeing?
Would you like to learn something new and support your personal development and growth?
Are you interested in gaining a valuable Level 2 QCA accredited qualification?

What is the role of the Health Champion?

- Champion the area of health and wellbeing
- Act as an information hub
- Gauge employee need and where enthusiasm lies
- Signpost employees to valuable resources
- Create mini marketing campaigns for each health topic
- Organise exciting live events
- Gather feedback from employees

As an employee this valuable qualification can provide you with a stepping stone from Health Champion to the full role of Health Trainer. The qualification is supported by the Department of Health.

Key outcomes from this programme are to enable you to:

- inspire and support others to put their health and wellbeing back on track
- recognise the TRUE aspects and influences of health and wellbeing
- help overcome the challenges many people face in making behaviour changes
- build rapport and trust with colleagues as a respected champion of health
- feel confident in your ability to communicate and lead health campaigns that may potentially change lives