

1-to-1 Programme Familiarisation

Training to deliver Healthy Families Growing Up
(1-to-1 programme)



For authorised
HENRY group
facilitators who
want to support
families 1-to-1

2 ³/₄
hours
online
course

This course extends practitioners' HENRY skills and equips them to deliver our responsive 1-to-1 programme, which covers parenting skills, emotional wellbeing, nutrition, getting active and family routines

“ I feel much more confident to deliver this programme 1-to-1 now ”

This training course covers:

- Developing and enhancing skills to explore complex family lifestyle issues and helping parents set and achieve their own goals for family life
- Building confidence to address family lifestyle issues with parents when working 1-to-1
- Delivering the structured 1-to-1 *Healthy Families: Growing up* programme
- Adopting the proven HENRY approach to supporting behaviour change, and ethos of working in partnership with parents and building on their strengths



97% said the course exceeded or fully met expectations

96% feel more confident to deliver the programme