CORE TRAINING SPLIT: DAY ONE

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Session topics** | **Time** | **Trainer** |
| **1.** | **Welcome and introduction**   * **Confidence scale** * **Group guidelines** | 25mins | Trainer 1  Trainer 2 |
| **2.** | **Setting the scene**   * **Hopes and expectations** * **Health inequalities quiz** * **A healthy lifestyle** * **Activity break – 3-Ball Name** | 60mins | Trainer 2  Trainer 1 |
| **3.** | **Readiness for change**   * **Resistance to change** * **What’s going on in families lives?** | 20mins | Trainer 2 |
|  | ***Comfort break*** | 15mins |  |
| **3.** | **Readiness for change – continued**   * **The expert approach** * **Emotional dimension of change** * **Activity break – Alphabet Action** * **Partnership approach** * **Maximising our effectiveness** | 75mins | Trainer 1  Trainer 2 leads feedback after both demonstrations  Trainer 2 |
|  | ***Lunch break*** | 40mins |  |
| **4.** | **Warm up** | 10mins | Trainer 2 |
| **5.** | **Creating the conditions for change**   * **Empathy** * **How we talk: questioning skills and noticing strengths** * **Activity break – Habits of change** | 55mins | Trainer 2  Trainer 1 |
| **7.** | **Raising and exploring the issue**   * **Raising the issue** * **Exploring the issue and inspiring the desire** | 45mins | Trainer 2  Trainer 1 leads feedback after demonstration |
|  | ***Comfort break*** | 15mins |  |
| **8.** | **Steps to change using solution-focused support**   * **Activity break – Let’s stretch** | 45mins | Trainer 2  Trainer 1 leads feedback after demonstration |
| **9.** | **Habits for a healthy lifestyle** | 15mins | Trainer 1 |
| **8.** | **Next steps and review** | 15mins | Trainer 2 |

**Start**: 9.15am **Break**: 11am  **Lunch**: 12.30pm **Break**: 3pm **Finish**: 4.30pm

CORE TRAINING SPLIT: DAY TWO

**Start**: 9.15am **Break**: 10.50am **Lunch**: 12.40pm **Break**: 3.00pm **Finish**: 4.30pm

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Session topics** | **Time** | **Trainer** |
| **1.** | **Check-in**   * **Activity break – Follow the leader** * **Collective rewards** * **Review** | 25mins | Trainer 2 |
| **2.** | **Emotional wellbeing**   * **Recharging our batteries** * **Steps to change** | 55mins | Trainer 1 |
| **3.** | **Emotional wellbeing in the family** | 15mins | Trainer 2 |
|  | ***Comfort break*** | 15mins |  |
| **4.** | **Parenting styles** | 10mins | Trainer 1 |
| **5.** | **Parenting for a healthy lifestyle**   * **Parenting skills and strategies: being responsive**   **being in charge** | 60mins | Trainer 1: Being responsive  Trainer 2: Being in charge to end of choices  Trainer 1: CAR |
| **6.** | **Early nutrition** | 25mins | Trainer 1 |
|  | ***Lunch*** | 35mins |  |
| **7.** | **Addressing food**   * **A healthy balance** * **Portions and portion sizes** * **Activity break – Preferences** | 40mins | Trainer 2 |
| **8.** | **Healthy eating habits**   * **Emotional associations with food** * **Healthy food swaps** * **Healthy teeth** | 35mins | Trainer 1 |
| **9.** | **Supporting healthy eating habits**   * **Key messages** * **Family mealtimes** | 30mins | Trainer 2 |
|  | ***Comfort break*** | 10mins |  |
| **10.** | **Activity and health**   * **Sleep, screen time** | 30mins | Trainer 1 |
| **11.** | **Reviewing progress** | 25mins | Trainer 2 |
| **12.** | **Review and ending** | 25mins | Trainer 1 |