CORE TRAINING SPLIT: DAY ONE

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|  | **Session topics** | **Time**  | **Trainer** |
| **1.** | **Welcome and introduction*** **Confidence scale**
* **Group guidelines**
 | 25mins | Trainer 1Trainer 2 |
| **2.** | **Setting the scene*** **Hopes and expectations**
* **Health inequalities quiz**
* **A healthy lifestyle**
* **Activity break – 3-Ball Name**
 | 60mins | Trainer 2Trainer 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 1Trainer 2 leads feedback after both demonstrationsTrainer 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 2Trainer 1 |
| **7.** | **Raising and exploring the issue*** **Raising the issue**
* **Exploring the issue and inspiring the desire**
 | 45mins | Trainer 2Trainer 1 leads feedback after demonstration  |
|  | ***Comfort break*** | 15mins |  |
| **8.** | **Steps to change using solution-focused support*** **Activity break – Let’s stretch**
 | 45mins | Trainer 2Trainer 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

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|  | **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 responsiveTrainer 2: Being in charge to end of choicesTrainer 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 |