

Group Facilitation Training

Preparing practitioners to deliver our
antenatal family lifestyle programme



For practitioners who
have completed our
Core Training and
want to deliver our
antenatal
programme

2-day
course

This course equips practitioners with the skills, knowledge and confidence to lead the programme for expectant parents during pregnancy

“Amazing course. This programme is just what some of our families need”

Practitioners will:

- Understand the content of the 6-week *Preparation for Parenthood* group programme
- Develop group facilitation skills to deliver the programme in a way that adopts the HENRY approach and builds on expectant parents' strengths
- Feel confident to manage issues that can arise in groups, using listening, empathy and solution-focused support
- Feel confident to use the detailed HENRY group Facilitator Manual and resources

APPROVED BY



ROYAL SOCIETY
FOR PUBLIC HEALTH

94% feel confident to deliver the HENRY programme after this course

96% rated the course as useful or very useful