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AD-LIB  
TRAINING

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COMMUNITY HEALTH



# AD-LIB TRAINING

## HEALTH AND PHYSICAL ACTIVITY EDUCATION EXPERTS

We create excellent training products tailored to your organisation's needs in any area of physical activity and health behaviour change.

We collaborate with our customers to:

- + **Design** and develop innovative physical activity training solutions that drive financial and social impact.
- + **Promote** inclusion and address health inequality across all strands of our work.
- + **Deliver** quality education and create aspiring physical activity role models within the community and workplace.



## WHAT IS THE HEALTH INFLUENCERS PROGRAMME?

### Do people in your local community find difficulty adopting and maintaining a healthy and physically active lifestyle?

- Ad-Lib Training's Health Influencers programme targets these issues by developing self-awareness and knowledge about how to make a difference to improve physical and mental health.
- The programme helps learners understand the **benefits of being a positive role model** and how they might use their **knowledge and communication skills to influence** the health of their peers and the wider community.
- Peer pressure, learned behaviour and the media are just some reasons why people become trapped in an unhealthy lifestyle. The programme aims to **develop resilience and independent thinking by encouraging learners to take power and control over their health** and help others to do the same.
- Leading to the nationally recognised **Active IQ Level 1 Award in Influencing Health and Wellbeing**, the training can be delivered face to face or online. People with little or no formal education have successfully completed the programme.

**Raising self-esteem, developing confidence and self-efficacy are key programme outcomes.**



# ACTIVE IQ LEVEL 1 AWARD IN INFLUENCING HEALTH AND WELLBEING

The course aims to support learners to build their self-esteem, improved sense of wellbeing and move on to further training and education and move away from negative influences in their lives by opening up more social, physical, volunteering, employment and educational pathways on a long-term basis.

## Who is this qualification for?

We have successfully delivered this programme to a number of target groups including families, young people, people with disabilities, people experiencing poor mental health and NHS staff.

## Course Content includes:

- The determinants of health
- Positive lifestyle influences including health related fitness and adopting and maintaining a healthy diet
- Negative lifestyle influences including smoking, alcohol and drugs
- Sleep
- Mental health
- Behaviour change theory including self-change and helping others to change
- COVID-19

## Format:

Online 7 days - 2 hours per day OR face-to-face 3 days - 4.5 hours per day

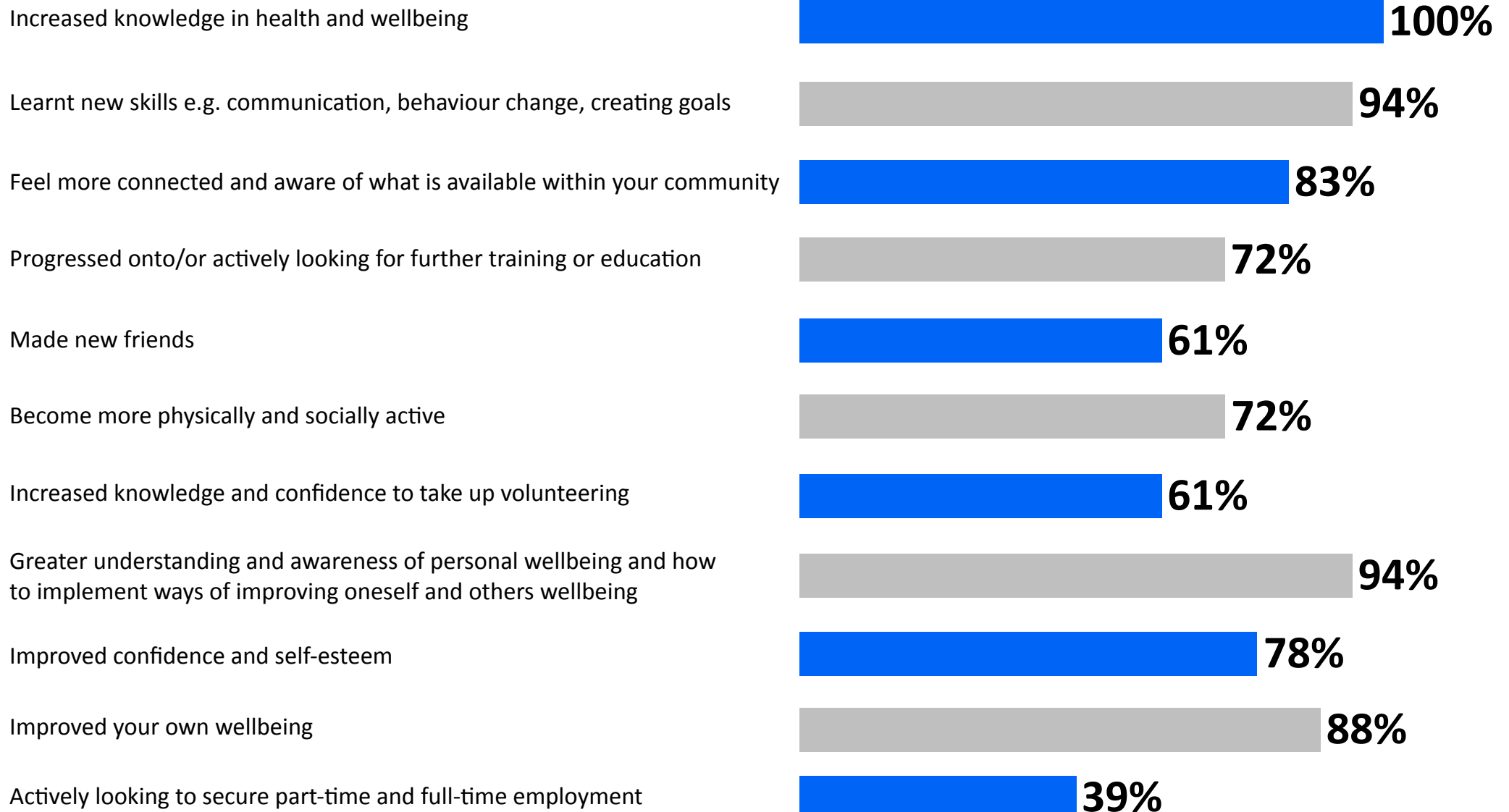
## Assessment:

Personal Lifestyle Log, Worksheet and Conversation Record



# HEALTH INFLUENCER LEARNER FEEDBACK

**As a result of attending the Health Influencers programme, do you feel that you have achieved any of the following outcomes?**



# HEALTH INFLUENCER LEARNER FEEDBACK

**“I’m so much more aware and mindful about living a healthy lifestyle and have made changes to my diet.** This includes eating soup in the evening rather than a big dinner which has made a difference and as resulted in me sleeping and also feeling better. I recently edited the Ad-Lib Training slides from this training to present to an ELFT Health and Wellbeing Group to highlight training areas and benefits.” NHS staff member

**“I just loved the course, it was interesting, interactive, just the right amount of information to digest and I have been telling everyone about the course.** I enjoyed meeting and getting to know other participants. Really great team for their support, messages and reminders. I felt supported and if I needed anything then the coordinator would be there, that’s all we need. The tutors and coordinators are all so passionate about the course content and delivery.”

“This course was so informative and the delivery was great. It was extremely knowledgeable and the interaction and facilities to involve us all was fantastic. I really enjoyed the breakout rooms, this supported opportunities to meet others and learn too and grow the confidence to work independently.”

“Really good course and the content was appropriate and well delivered. Really nice group of people and **I joined the course to make healthy changes in my life and to help other people which I now feel I can do.**”

# WHAT IS THE HEALTH AND COMMUNITY ACTIVATOR PROGRAMME?

## Why do people adopt unhealthy behaviours and find it so difficult to change even when they feel they should and want to?

- In every community you will find people who care about health. They are passionate about their communities and want to help others. They like to communicate and are well connected within their community.
- Such people are in an ideal position to influence the health of the community as volunteers or paid project workers by encouraging and motivating others to adopt and maintain a healthier and more active lifestyle.
- Leading to the nationally recognised **Active IQ Level 2 Award in Health and Community Activation**, the programme trains local community members to **lead fun, safe and effective activities which can include walk leadership, supervising outdoor gym session and simple callisthenic routines.**



# ACTIVE IQ LEVEL 2 AWARD IN HEALTH AND COMMUNITY ACTIVATION

This programme provides potential community physical activity leaders with the skills and confidence to support members of their community to adopt and maintain healthier and more active lifestyles. Learners are given the knowledge and skills to be able to plan and lead designated physical activity sessions whilst developing their communication skills to help support healthy changes in other people.

## Who is this qualification for?

We have successfully delivered this programme to a number of target groups including young people, people with disabilities, older people and NHS and local authority staff and volunteer workforces.

## Course Content:

- Understanding how lifestyle factors affect health and wellbeing and the role of activity and exercise
- Engaging individuals and groups in physical activity
- Coaching and supporting individuals to make activity and lifestyle changes
- Assessing an individual's suitability to participate in physical activity
- Planning, leading and reviewing a designated physical activity session

## Format:

Face-to-face 4 days - 8 hours per day OR 6 days - 5 hours per day

## Assessment:

Worksheet, Risk Assessment, Practical, Healthy Conversation Observation







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