



Raising the Issue of Obesity Workshop

Thursday 24th June 2021, 9:30am to 4pm via zoom

or

Thursday 30th September 2021, 9:30am to 4pm via zoom

Overview

A free, interactive 1 day course run by Dietitians to help you both understand the impact you can have on a person's health and wellbeing choices and equip you with the skills and confidence to sensitively offer diet and lifestyle advice and signposting. This training allows you to learn, think about and practice the art of opening up discussions about obesity with the patients and clients of all ages that you meet within your everyday role.

Course Aims

The course aims for participants are:

1. To understand the factors which influence obesity, the importance of healthy lifestyle choices and their role in health improvement.
2. To become more familiar with key messages on healthy eating/healthy weight, physical activity, mental health and emotional wellbeing.
3. To develop their communication skills to better enable them to raise the issue, open up a conversation and assess readiness to change.
4. To use a range of health behaviour change techniques.
5. To provide brief advice and information in relation to healthy eating, healthy weight and physical activity.
6. To improve knowledge and awareness of signposting opportunities to appropriate local healthy lifestyle services, including community based programmes.
7. To understand their role in Raising the Issue and feel confident that they can apply the training in practice..

How to Apply

Please complete the accompanying application form and return it for the attention of Linda:

Email: HealthandWellbeing.Trainingbookings@northerntrust.hscni.net by 5pm on Friday 18th June 2021.

