



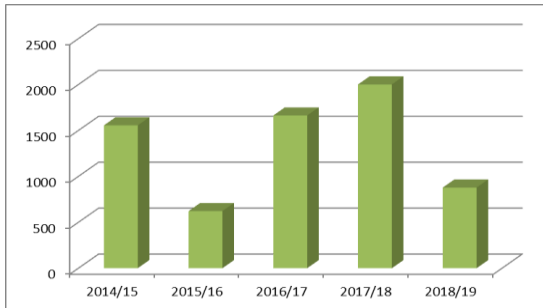
# Training Newsletter

We specialise in the provision of behaviour change skills training. Currently we offer a variety of programs around public health issues with different levels of skills training depending on the role of the attendee. We can tailor packages of training depending on the needs of the organisation.

## Number of people trained

From April 18 to Jan 19 we have trained 878 people. Since April 2014 we have trained over **6000** people.

### No's trained

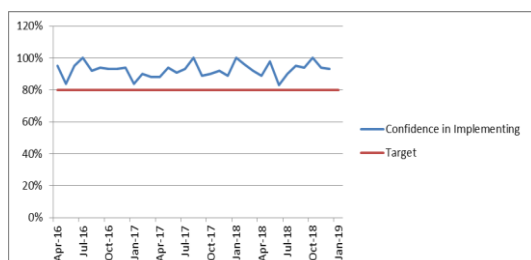


## Courses delivered in the last 6 months

- Solution Focused Approaches
- Behaviour Change Skills Training (MI)
- Alcohol and Substance Misuse
- Healthy Weight
- Emotional Health and Wellbeing
- Making Every Contact Count
- Smoking Cessation
- Alcohol and Substance Misuse

## How confident are attendees in implementing what they have learned

**92%** rated their confidence as **High or Very High** between April 18-Jan 19. Confidence in implementing since April 2016



## A sample of who we've trained in the last 4 months

- Medway and Kent Public Health team
- Potens supported living staff
- South Tyneside Homes staff
- Practice Nurses, Healthcare assistants
- Pharmacy staff
- Job Centre Plus staff



## How attendees rated our training in Oct 18 – Jan 19

**98%** rated our training as either **good or excellent**.

What did you like most about the training?

- "Trainer was excellent, very engaging and informative, bringing lots of knowledge/experience to the session"
- "Course material very good, very informative and interactive"
- "Learning new techniques to have more productive conversations"
- "Everything. Whole new mind set; completely different way of thinking but so useful in Public Health."

## What impact has the training had on your practice?

- "Thought provoking and powerful training that has empowered me to change my own life as well as feeling inspired to help others"
- "I have been able to support my work coaches when dealing with customers who have issues with alcohol and substance misuse"
- "I have listened more to clients and recognised their feelings"
- "It has helped me identify other patient needs, and sign-post accordingly"