



## Creating opportunities for supporting lifestyle behaviour change – an interactive workshop



### At a glance

### Dates

21<sup>st</sup> June 2019

Utilising the behavioural approach to change as explored through All our Health, this one-day interactive workshop is aimed at individuals and organisations who are in a position to support people in making positive lifestyle changes.

This approach encourages participants to create opportunities where brief healthy lifestyle interventions can be offered to the individuals they are working with.

By the end of the workshop, participants will have the knowledge and confidence to deliver healthy lifestyle messages that encourage behaviour change and to direct individuals to additional services and information that can provide support.

The workshop is relevant to any individual in a position to provide healthy lifestyle advice. Participants will have increased confidence and gained examples of good practice to disseminate in their working environment.

### Duration

09:00-17:00

### Location

A18, Si Yuan Centre  
University of Nottingham  
Jubilee Campus  
Triumph Road  
Nottingham  
NG8 1DH

### Cost

£100per person  
Fees include tuition, course materials, lunch and light refreshments

## What you will learn

This programme is designed to help improve your understanding in health promotion which includes:

- Identifying key lifestyle concerns influencing individuals' health and wellbeing
- Discussing the All our Health approach to lifestyle behavioural change
- Describing how to implement All our Health principles in everyday work experiences, exploring the influence of individuals' attitudes, knowledge and abilities on successful outcomes
- Engaging in practical examples that demonstrate the All our Health approach to behavioural lifestyle change
- Reflecting on opportunities to create conversations with people about lifestyle changes, including referral to additional services and information

## Who should attend

The programme has been designed for:

- practitioners with a role in promoting health and wellbeing – e.g. in the community and voluntary sector
- health care providers
- family and volunteer caregivers
- health promotion specialist
- any community stakeholders who would like to increase their knowledge and practical in health promotion

## Programme team

### Dr Katharine Whittingham

Katharine is an Assistant Professor in Community Nursing and Clinical Skills, Faculty of Medicine & Health Sciences. She has had varied experience in developing, planning and delivering training to multi-agency groups including pre and post registered nurses on topics such as Helping People Change and Health Promotion Foundation Course. She also has a wide range of experience working with a health care community based settings both in preventive interventions and proactive management of long term conditions as well as experience of promoting of an integrated approach to case management and the management of long term conditions.


### John Mcluskey

John is an Associate Professor in the School of Health Sciences at the University of Nottingham. Currently he is the Director of Undergraduate Education, supporting courses in nursing, midwifery, physiotherapy and sport rehabilitation. John has a wealth of leadership experience in academia from Course Lead to Director roles at both undergraduate and postgraduate levels. A member of the Institute for Health Promotion and Education, his research and teaching interests include HIV, sexual health, sexual identities and men's health issues.


## Find out more


For more information or to apply, please contact us at:

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