

## Well Now Facilitator Training

**Course facilitator:** Lucy Aphramor

This course is delivered over four days as two blocks of two days with a break in between.

An opportunity to explore the theory behind the Well Now course with like-minded colleagues and become a licensed Well Now facilitator.

This training is open to anyone who has taken part in Part 1 and Part 2 Kindful Eating introductory days (which you may have attended when they run using different titles).

Training is interactive, challenging and fun. Over the four days you look in more depth at Well Now theories and you'll have a trial run of delivering some of the activities from the Well Now course to the group. The training draws on prior knowledge together with clinical, community, activist and personal experience.

On successful completion of an assessment you'll receive everything you need to publicise, deliver and evaluate the Well Now Course.

### **Well Now course materials**

These include:

- Reusable **teaching tools**
- **Lesson plans** for the 8 modules of the Well Now course – a concise outline version and a thoroughly detailed version

- Access to downloadable **hand outs** for each session of the Well Now course
- A supporting **background theory handbook**
- A **training manual**
- Access to **publicity materials**
- **Evaluation questionnaires**
- **Templates for ethics approval**

Well Now facilitators can join an on-line forum and are invited to an annual Well Now facilitator networking event.

### **COURSE FACILITATOR**

Dietitian Lucy Aphramor developed the Well Now way in response to the shortcomings of existing weight-centred and non-diet approaches to wellbeing and health inequalities. She is recognised internationally for her work integrating compassion and social justice into nutrition practise.

### **COURSE FEES**

£1500 for four days and assessment  
See website (or contact Lucy if not yet listed) for early bird fees.  
Training runs from 9.30am - 4.30pm

### **COURSE LOCATION**

Central Manchester.

### **BOOKING**

Please contact Lucy if you would like to apply.