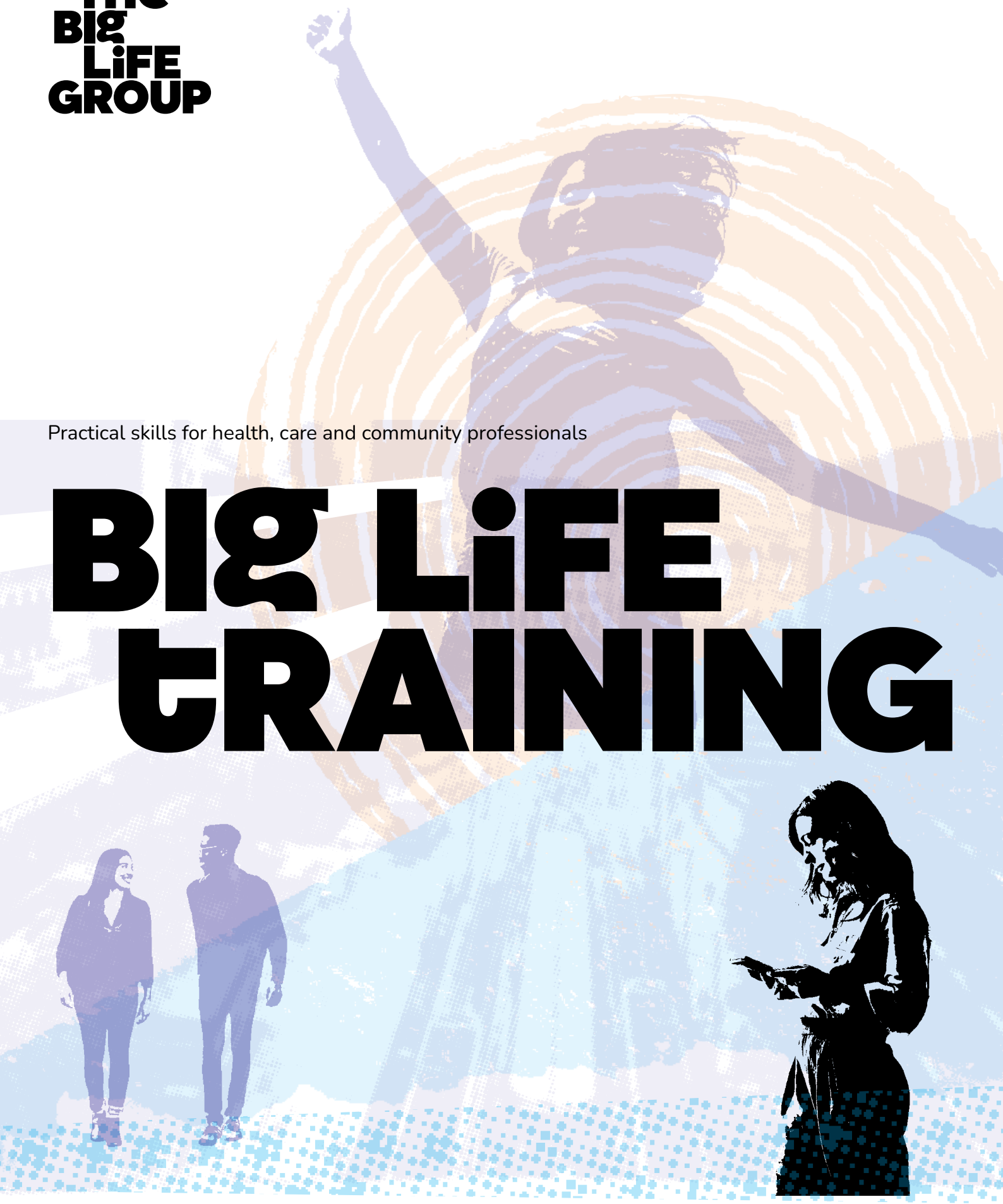
The Big Life Group

Practical skills for health, care and community professionals

BIG LIFE TRAINING



thebiglifegroup.com/training

HEALTH COACHING DEVELOPMENT PROGRAMME

Level 1 and 2, PCI-accredited

Develop practical coaching skills that help people make lasting changes to their health and wellbeing.

This 5-session programme equips people with advanced skills in communication, relationship-building, motivational interviewing, patient activation and behaviour change.

Ideal for:

- Health and Wellbeing Coaches
- Social Prescribing Link Workers
- Care Coordinators
- Community Health Staff
- Anyone supporting people on a one-to-one basis

What you'll learn:

- Coaching communication skills
- Motivational interviewing techniques
- Goal-setting and behaviour change approaches
- Patient activation and self-management
- Reflective practice and coaching evaluation

BOOK

Personalised Care Institute ACCREDITED



thebiglifegroup.com/training 2

Build confidence, develop new skills and improve outcomes with training designed for health, care and community settings.

Whether you're supporting people to improve their health and wellbeing, empowering communities through peer support or looking after your own wellbeing in a demanding role, our training provides practical tools that can be applied immediately in your day-to-day work.

WHY BIG LIFE?

For more than 25 years, Big Life has worked alongside people and communities to improve health, wellbeing and life chances.

Our training is informed by professional and lived experience across health, care and community settings and delivered by skilled practitioners who understand the challenges facing today's workforce.

WHY CHOOSE US?

- Training informed by experience across health, care and community settings
- Experienced and passionate trainers
- Practical, immediately usable skills and tools
- Person-centred, trauma-informed and strengths-based approaches
- Flexible training for individuals, teams and organisations

PEER SUPPORT TRAINING

CPD-accredited

Unlock the power of lived experience to empower others.

This four-part programme provides the knowledge, skills and confidence to support people in group or one-to-one settings through effective peer support.

Ideal for:

- Peer Support Workers
- Volunteer managers
- Community organisations
- Support services
- Anyone using lived experience to support others

What you'll learn:

- Active listening skills
- Setting healthy boundaries
- Using personal stories effectively
- Group facilitation techniques
- Building supportive peer relationships

BOOK

CPD MEMBER
The CPD Certification Service

"The way the training was organised and the structure of the modules made learning enjoyable. It has built my confidence as a wellbeing coach."



SELF-CARE FOR HELPING PROFESSIONALS

Supporting the wellbeing of those who support others.

This half-day course helps people understand stress, compassion fatigue and burnout, while developing practical strategies to maintain wellbeing and resilience.

Ideal for:

- Frontline health and care staff
- Mental health workers
- Community workers
- Volunteers
- Managers
- Anyone working in a helping profession

What you'll learn:

- Understanding stress and burnout
- Recognising compassion fatigue
- Building resilience
- Practical self-care strategies
- Maintaining wellbeing in demanding roles

BOOK

"I found the whole course incredibly useful and informative. I really enjoyed hearing people's experiences and learning from others."



MEET THE TRAINERS

Our training is delivered by experienced practitioners with backgrounds across health, care and community services.

Through a combination of professional expertise, practical experience and person-centred approaches, our trainers create engaging learning environments that support confidence and reflection.



RUJITA UDAS

Rujuta Udas is a Mental Health Trainer working in the prison service. She brings together a background in teaching and more than 10 years' experience supporting people through Step 2 Talking Therapies, where she delivered computerised CBT and one-to-one guided self-help for people experiencing low mood and anxiety. Previously a further education lecturer and programme leader, Rujuta holds a Level 4 teaching qualification and has experience designing and delivering engaging learning sessions. She is passionate about helping people build their understanding of mental health and feel confident putting what they learn into practice.

KAREN WELSH

Karen Welsh has been part of Big Life since 1994, working across a wide range of roles supporting staff, volunteers and communities. With a passion for wellbeing and learning, Karen has extensive experience designing and delivering training, including mindfulness, self-compassion and leadership development programmes. She is a qualified Mindfulness-Based Stress Reduction and Mindful Self-Compassion facilitator and plays a key role in developing and reviewing Big Life's training offer.

"Really valuable and enjoyable course. The trainer was great at engaging everyone in the group and making us all feel comfortable."



IAN GREEN

Ian Green is a Health Coach at The Big Life Group with a background in counselling, coaching and community wellbeing. After joining Big Life as a volunteer creative writing facilitator in 2016, Ian has worked across a range of roles, including within Be Well and as a Primary Care Network (PCN) Health Coach. Drawing on years of frontline experience, he delivers practical, person-centred coaching that helps people develop the confidence and skills to support others in improving their health and wellbeing.

"Such a useful and enjoyable course. The trainer created a welcoming space where everyone felt comfortable taking part and sharing their ideas."

READY TO FIND OUT MORE?

Whether you're looking to develop individual staff members or commission training for a team, we'd love to talk.

training@thebiglifegroup.com

thebiglifegroup.com/training



THE BIG LIFE GROUP

We fight for equity –
in health, in wealth and in life.