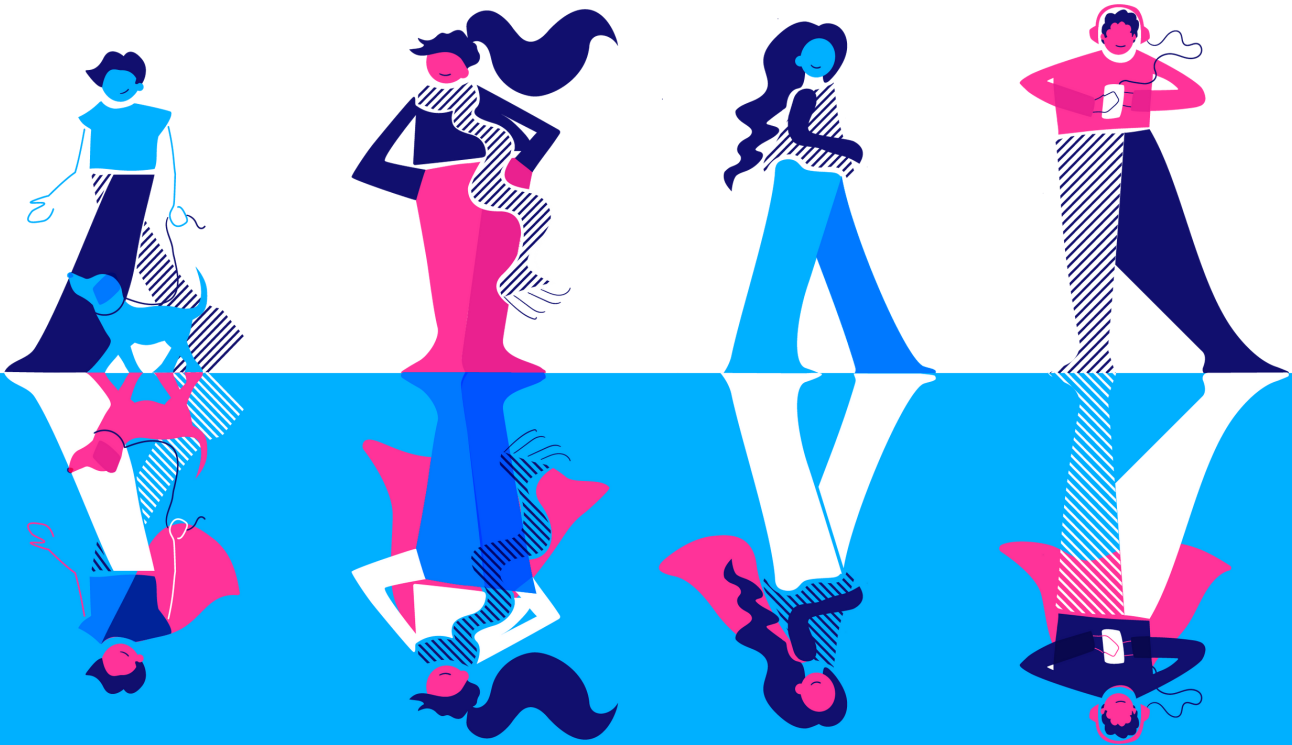


SkillBaseTM
First Aid

Fundamental Wellbeing Instructor Training

Turning people into *HEROES*



*We all have times in our lives when we are called
upon to be a... hero!*

Our mission is simple, we create heroes on standby!

Turning the ordinary into extraordinary.

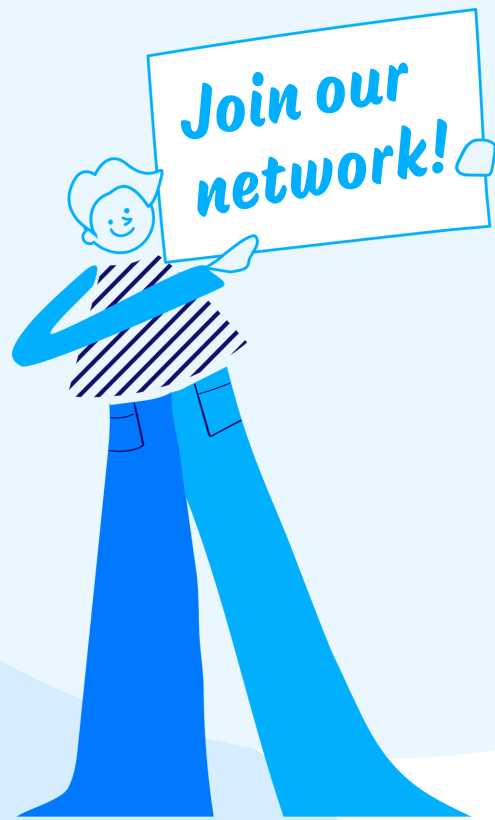
Filling the UK with our heroes, trained in a way that empowers them to help someone in need, be it with their physical or mental health.

Believing in the power of education, our ambition is to see parity of esteem between physical and mental health, right across the UK.

What is a SkillBase hero?

A real person, who in the face of adversity, steps up to make a difference with knowledge, courage and confidence.

We'd like to welcome you onto our mission!



Fundamental Wellbeing Instructor Training

Our 3-day online Principles and Practice - Train the trainer course!

- If you are looking to train mental health and wellbeing courses independently or for your workplace, this is the ideal course for you!

- Designed around confidence, you'll get to see a range of training skills and techniques, and have an informal practice to make sure you're comfortable!

- You don't need previous experience of teaching mental health and wellbeing as this course will give you all the skills you need! You will just need to complete our Fundamental Wellbeing Guide 2-day online course before the training.

- You will get the chance to join our national instructor network for free - helping you to keep compliant and providing you with all the support and resources you will need!

Contact us to book your course

Call our friendly team today: 0330 335 1234. Book online: [skillbasefirstaid.com](https://www.skillbasefirstaid.com)



Great to know!

Course format...

This course is designed to be delivered across [3 days live online](#) with your trainer. The course will run from 09:30 - 16:30 on each day with plenty of breaks.



First things first...

To be able to teach the course, you need to take the course! There is massive value to seeing how a real group interact, work together (or sometimes not as well!) and how the experienced instructor works with the group to make sure they leave feeling inspired, empowered and confident! You will be able to experience the course content, how it runs and most importantly gain an understanding of how your own delegates may feel after they have completed the [Fundamental Wellbeing Guide](#) course.

Day 1

After you have completed the *Fundamental Wellbeing Guide* 2-day course, your instructor training will begin. Day 1 will cover the principles of teaching the course. You will get an overview of how the course helps people to learn about mental health, and with facilitation training, how you can manage your groups learning. We will give you the confidence to teach delegates the importance of empathy and increase both yours and your delegate's skills and knowledge around mental health and wellbeing. We will cover terminology, training styles and prepare you for delivering a section of the course to your fellow instructors on days 2+3.

Days 2+3

On days 2+3, with full support and guidance, you will have the opportunity to deliver a pre-prepared section assigned to you from the *Fundamental Wellbeing Guide* course, as the practice part of the training. During these days you will gain feedback on your training, and understand how to bring your own skills and training styles to the course with confidence!

After the training...

Following your *Fundamental Wellbeing Instructor* training, you will have one-on-one feedback with your instructor and we will support you to arrange partnership delivery of the course, which will allow you to be signed off. You will also have the opportunity to join our community of instructors for ongoing support (for free!)

Contact us to book your course

Call our friendly team today: 0330 335 1234. Book online: skillbasefirstaid.com

Book a **free** phone consultation to discuss your workplace first aid, health & wellbeing needs.

Click [here!](#)



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**SkillBaseTM
First Aid**

Confidence, not just competence