



Training in Weight Management for Health, Community and Education Professionals

We offer a range of training packages from two hours to half-a-day, through to our more extensive one day training.

All our training programs can be tailored to suit the particular organisation, setting, time constraints and needs of the workplace – shorter sessions can also be delivered upon request. Please see below for further details.

Two Hours Weight Management Training Outline

If you work in an organisation where you are pressed for time and are not able to offer extended support, then our two hour program is ideal for you.

The two hour training program provides participants with information on:

- understanding weight gain and management
- encouraging individuals to discover a healthier approach to food, exercise and their appearance
- supporting clients/young people with the use of weight management techniques

In this training, we provide you with background information to help support your work and help your clients/young people manage their weight more effectively.

Half Day Weight Management Training Outline (3.5hrs)

If you work in an organisation where you are able to offer a little more support to your clients/young people, and would like to increase your knowledge and skills to enable you to do this, then our half day program is ideal for you.

The half day training program provides participants with information on:

- understanding weight gain and exploring the sources of weight gain
- encouraging individuals to discover a healthier approach to food, exercise and their appearance
- supporting clients/young people with the development of an effective and tailored plan for weight management suited to their needs
- highlighting the support services available for clients/young people to access

In the half day program, we provide you with more background information to support your work and help your clients/young people manage their weight more effectively through a healthier approach, and a tailored plan that is realistic and achievable.

One Day Weight Management Training Outline (9am – 4pm)

If you would like to increase your confidence, knowledge and skills to enable you to provide your clients/young people with more extended support, then our one day program is ideal for you.

The one day training program provides participants with information on:

- understanding weight gain and identifying the client's/young person's habits
- encouraging clients/young people to discover a healthier approach to food and nutrition, exercise and fitness, and their appearance, including being more mindful
- supporting decision making and exploring an individual's current challenges and concerns
- supporting clients/young people with the development of an effective, and tailored plan for weight management that is realistic and achievable
- supporting individuals to maintain a 'healthy lifestyle' change, helping to prevent and manage relapse to former behaviours and clarifying the reality of quick fix 'wonder' diets, potions/pills
- highlighting the support services available for clients/young people to access

In this one day program, we provide you with detailed information to support your work with individuals who are struggling with their weight, including maintenance of weight goals.

We provide you with practical strategies to help address your client's/young person's challenges and concerns, including a healthy eating and exercise plan that is achievable.

Our aim is to move clients/young people from seeking instant results through 'wonder' diets, and instead, move them towards discovering a healthier approach to food, exercise and the way they view themselves, including a focus on living and maintaining a healthy lifestyle that is mindful.

We provide many opportunities in the one day program for reflection and review, with non-threatening group activities incorporated throughout the day.

Interested and would like a quote?

For a free, no obligation quote on one, or all our training programs, please [contact us](#).

Two Day Training?

For the moment, the only training we offer over two days is our Smoking Cessation training. If you would like weight management presented over two days, [please get in touch with us](#).

Copyright ©2016 by Health & Wellbeing Training Consultants Pty Ltd. No part of this document may be reproduced (in any form or by any means) without permission from Health & Wellbeing Training Consultants. If you would like permission, please contact us on (03) 8502 0006, or by email at contact@thinkhealthwellbeing.com.au.