Hello!

Oomph!
Wellbeing Training
Our online Wellbeing Training Course includes 3 key areas...

**Activity training**

Training the Activity team, wider staff team and management

**Activity training**

Teaching how to create a unique, varied and person-centred programme.

Training for the Activity Leads and Managers where possible.

**Exercise training**

Teaching how to deliver inspiring chair-based exercise (both in groups and one-to-one).

Read on for more information about each of these areas...
Activity training to be completed in your own time.

**Planning**
Create next month’s planner using the Oomph! calendar to bring variety and freshness.

**Evidencing**
Look at evidencing and suggest templates or processes to improve.

**CQC**
Make suggestions based on CQC KLOEs.

**Provision**
Fully understand what’s in place and not in place.
A module for wider team staff.

Fun and engaging, the module ensures that lots of the team are trained. The module involves management, which drives a whole-home approach. All wider team complete the module in their own time.

The module covers...

The **WHY** of activities, so that they understand how this links to wellbeing.

Creating a culture where everyday “happenings” become “highlights”.

The importance of these "highlights" and how to evidence them.

**Practical things** they can do right now in their role to put this into practice.
Key focus areas of our Wider Team Training module.

**Happenings & highlights**
Looking at everyone’s interactions with the residents. How to turn these *happenings* into *highlights*.

**Golden Circle**
Looking at wellbeing as a whole and how it enhances Quality of Life. Exploring resident benefits from wellbeing.

**Life Stories**
Developing person centred activities and looking at links between everyone to create meaningful engagements.
Exercise Leadership Training
(Also available as a stand alone course)

Theory and assessments to go through in your own time, followed by a virtual session at an agreed time with one of our expert trainers, to cover the practical aspect of the course and complete a quality assessment.

The training covers:

- Inspiring, inclusive chair-based exercise
- Health & Safety
- How to motivate residents
- Making it fun & creative
- CD, choreography & a bag of props
Exercise Instructor Training

Key focus areas of our training include:

- **Learning to lead**
  Communication, engagement, projecting your voice, entertaining, sensory experience through music and props.

- **Safety**
  Risk assessments, red flags, hydration, warm ups and cool downs. Practical assessment.

- **Tailored**
  Imagery, storytelling, adaptations to different conditions. Effects of ageing on mental, physical and emotional areas.
It’s on...

Alive with wellbeing training & content

Get in touch via our Website!