



# SCHOOL STAFF & COMMUNITY WELLBEING CHAMPION LEVEL 3

## COURSE OVERVIEW

The School Staff & Community Wellbeing Champion Apprenticeship offers staff within an educational setting the opportunity to learn skills around coaching and counselling in order to help support colleagues and students.

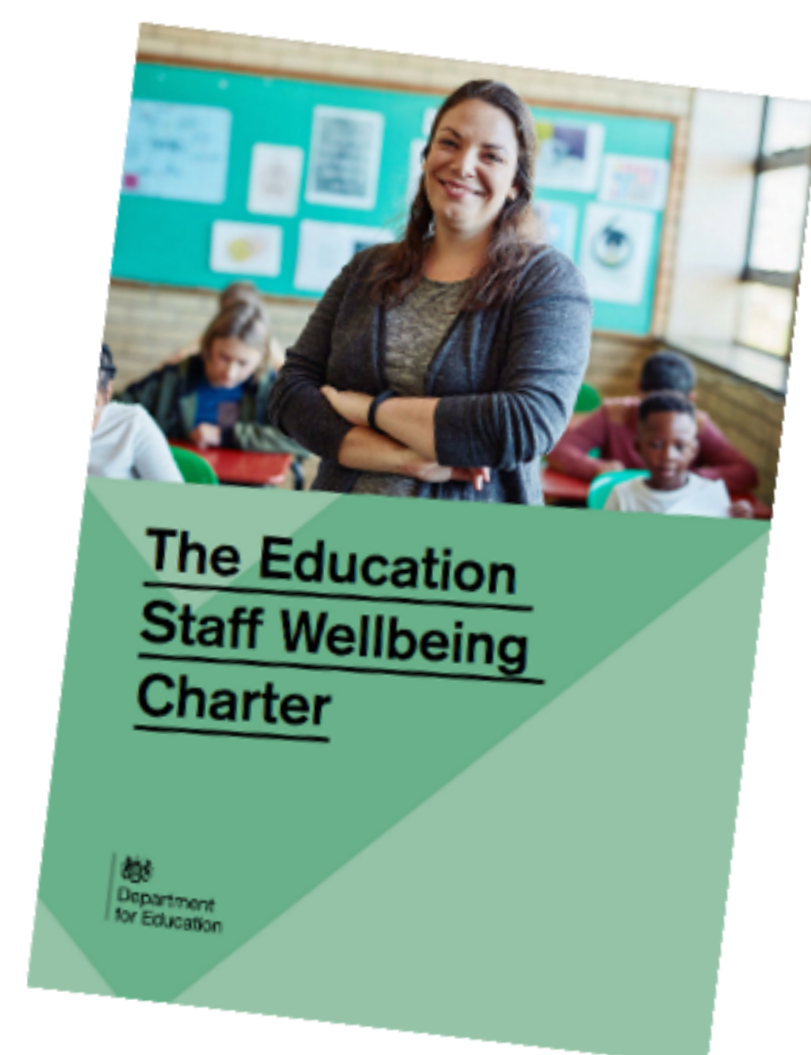
As part of the new Education Inspection Framework, Ofsted is now shining a spotlight on staff wellbeing. By recruiting a new staff member to this programme you will show commitment to protecting the wellbeing and mental health of those within your workforce and school community.

## ENTRY REQUIREMENTS

- Level 2 English and Maths
- Valid and eligible residency status

## WHY CHOOSE INSPIRE ATA?

We work with high-quality training providers to deliver a wide range of training programmes through a blended learning approach that is tailored to each learner's needs. Inspire ATA recruits and employs each apprentice on behalf of the "host" client, enabling us to offer additional support and a better experience for both apprentice and client. We can also offer flexi-job apprenticeships which means we are able to offer short term contracts and other non-standard employment models.



**QUALIFICATION:** COMMUNITY HEALTH & WELLBEING WORKER LEVEL 3

**TOTAL DURATION:** 16 MONTHS

**TRAINING METHOD:** MULTIPLE-CHOICE TEST, DEMONSTRATION OF PRACTICE, PROFESSIONAL DISCUSSION UNDERPINNED BY A PORTFOLIO

## TOPICS COVERED:

- Overview of key family issues and medical conditions
- Resilience and managing stress across your organisation
- Techniques and strategies to reduce health and wellbeing issues
- Promoting inclusion and being socially inclusive
- Supporting and creating your wellbeing and mental health networks within your communities
- Dealing with trauma
- Tools to help measure and monitor staff wellbeing and key issues within your local area
- Understanding autism, bullying, ADHD, alternative, provision, equality, diversity, online safety, mental health, LGBTQ+ and 20+ more areas.





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## KNOWLEDGE

- The wider social determinants of health and their impact on the physical, mental, and emotional wellbeing of individuals, families, and communities.
- The causes of mental, emotional, and physical ill-health, long-term conditions, disability and premature death in the local community, their risk factors, and the opportunities for prevention and management.
- The negative and positive impact that different agencies can have on improving health and wellbeing.
- How psychological, behavioural and cultural factors contribute to the physical and mental health of people, and how these can impact on others.
- Health inequalities and how these impact on physical, mental, and emotional health and wellbeing.
- The most up-to-date evidence base informing the creation of inclusive community development approaches that improve the health and wellbeing of communities.
- The importance of building partnerships and connections with individuals, groups, and communities.

## SKILLS

- Recognise, and help others to also recognise, the factors that impact on a person’s health and wellbeing that they can or cannot control or influence.
- Assist individuals, groups and communities to recognise their needs, what is important to them, and their strengths in relation to their health and wellbeing.
- Help people, groups and communities to identify and address barriers that can be overcome to achieve better health and wellbeing.
- Work with people and communities to identify and access local resources and assets that support their health and wellbeing.
- Work with people and communities so that they continue to make changes and solve problems on their own.
- Build partnerships and connections with local people, groups and organisations to reach shared solutions to local needs or issues.
- Work with, support or supervise people working as volunteers whilst recognising the boundaries of their roles.

## BEHAVIOURS

- Acts with honesty and integrity.
- Respectful of others.
- Non-judgemental regarding others' circumstances or decisions.
- Shows compassion and empathy.
- Takes responsibility for own actions.

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