

# Health and Safety

**Course Name**

Wellbeing Ambassador

**Course Description**

This 1 day course is for existing or aspiring workplace health champions and volunteers who wish to improve the health and wellbeing of people in their workplace by motivating and encouraging colleagues to make positive lifestyle choices.

It will provide an understanding of the principles of promoting health and wellbeing and enable them to support Network Rail's wellbeing strategy, as well as develop a health promoting culture. You will learn how effective communication can support health messages, how to promote improvements in the health and wellbeing of others and understand the impact of behaviour change for improving an individual's health and wellbeing.

**Audience**

Whole business, especially those interested in supporting wellbeing, by Line manager approval. However, release of any comms controlled by regional leads

**Duration:** 1 Day(s) **Class Size:** 16

**Competence Name Awarded****Competence Awarded****Course Code****Prerequisite Name****Prerequisite Short Code****Skills Assessment Scheme Regime****Course Type**

Face to Face

**Download Date:** 21/11/2024