



Heart Manual

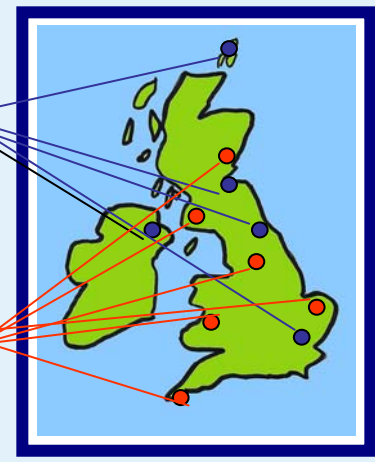
Facilitator Training

Jan 2014 – June 2015

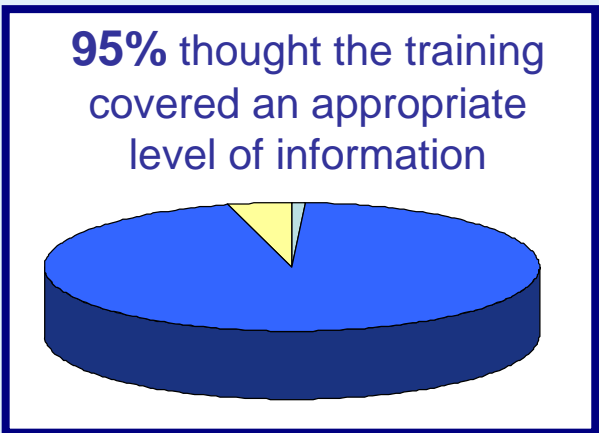


65 facilitators trained

Eleven 2-day training courses across the UK



Nation-wide participants



“Very informative and interesting with lots of real life examples – good, practical advice and helpful tips. Very engaging presentation”

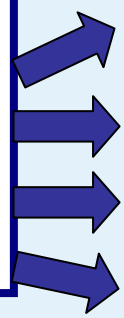
98%

felt that there was a good mix of learning methods

“There was a good mix, lots of discussion and smaller group work”

“Very informative slides, all relevant. Reinforced my understanding by using this knowledge to look at case studies”

Statistically significant improvements between pre-training and post-training confidence levels across 29 outcome areas, including:



- managing low mood
- pathophysiology of CAD
- physical activity
- facilitating health behaviour change