



WALK CHAMPION TRAINING

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## WANT TO CREATE A CHANGE IN CULTURE AT YOUR WORKPLACE?

Our Walk Champion training equips staff with the tools and expertise to inspire and encourage colleagues to embrace workplace wellbeing through walking. Our interactive Walk Champion training session takes place over 90 minutes and is conveniently delivered as a live, online event. During the training we will also support participants to design an action plan for your workplace, meaning they will leave the training with a completely bespoke programme of 'staff activation' walking activities for the year. After the training, participants will gain access to a resource hub, supporting communications and a national network of Walk Champions.



For best results, Walk Champions should be recruited from across your organisation's departments and at a range of levels.



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**WALKING WORKS**

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## THE WALK CHAMPION TRAINING SESSION WILL COVER:

- Who we are and what we do
- Reasons to walk – top tips, facts and stats
- The Walk Champion role and responsibilities
- Planning an onsite walk – route design, risk assessment and access requirements
- How to promote walks and walking from home
- Action plan design session to create a bespoke programme of ‘staff activation’ walking activities for the coming year
- Access to a resource hub, supporting communications and a national network of Walk Champions



### CASE STUDY

#### LIVERPOOL WOMEN'S HOSPITAL

The hospital already had a small, established walking group, led by Kathy, Medical Education and Centre Manager. At the onset, we supported her to further promote the group via a local radio interview and the company's intranet. After receiving information through the hospital's internal system, Stephen Molloy, librarian at the hospital, joined the group and became a regular member. Stephen then decided to step up to deputise Kathy and undertook walking training with us. They now co-run the group, ensuring weekly walks take place, and also set up a WhatsApp walking group to keep participants engaged and updated on routes, weather and more.

**THE GROUP HAS STEADILY GROWN SINCE ITS BEGINNING, NOW REGULARLY SEEING UP TO 30 PARTICIPANTS COVERING AN AGE RANGE FROM 20-71.**

**BY 'WALKING', WE INCLUDE PEOPLE WALKING WITH THE USE OF MOBILITY AIDS, INCLUDING WHEELCHAIRS. OUR WALKING WORKS PROGRAMME CAN BE TAILORED TO INDIVIDUALS' NEEDS AND ABILITIES.**



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