



## Workplace Wellbeing Champion timeline

### Step 1

Complete the Wellbeing Champion Training ran by the Wellbeing Team, Livewell Southwest. Send back Evaluation Form, Signed Agreement, Complete MECC (F2F or Virtual)

### Step 2

2 week check in from a member of the Wellbeing Champion Team. They will follow up on how you are getting on and start to arrange regular meetings whether this is Face to Face or Virtual

### Step 3

4 weeks attend 4MH : Emotional Resilience training which you would have automatically been enrolled by a member of the Wellbeing Training when booking your Wellbeing Champion Training

### Step 4

(all training completed)

6 weeks attend Connect 5 : Session 1 training which you would have automatically been enrolled by a member of the Wellbeing Training when booking your Wellbeing Champion Training.

### Step 5

12 week check in from a member of the Wellbeing Champion Team. They will follow up on how you are getting on and start to arrange regular meetings whether this is Face to Face or Virtual.

### Final Step

CONGRATULATIONS!!! you are now a fully fledged member of the Wellbeing Champion Network. The hard work which has been implement throughout your first year has now set you up to be able to continue the amazing work you are doing!



Requirements to attend to ensure you get the most out of the Wellbeing Champion Network

Please attend two Wellbeing Champion Network meetings a year. 1st will be in June and 2nd will be in December. This will be when Wellbeing Champions across the City will come together and share best practice and The Wellbeing Team will do an update of any information/training which will help your development in your Wellbeing Champion Role.

The 4 main Public Health/Local Campaigns which we Champions to support. You will get full support from The Wellbeing Team and Competitions will be run during these months!

1. Dry January (annually ran in Jan)
2. Mental Health Awareness Week (annually ran in May)
3. September (annually ran in September)
4. Stoptober (annually ran in October)

Requirements to attend to ensure you get the most out of the Wellbeing Champion Network

Attend our annual Wellbeing at Work Conference every year where we celebrate the successes achieved by Plymouth businesses and Wellbeing Champions throughout the year.

Requirements to attend to ensure you get the most out of the Wellbeing Champion Network

Attend Quarterly Wellbeing at Work Webinars which will offer additional training and give you a chance to network with other community services to support your Wellbeing Champion role.

### Optional Training:

Understanding Grief and Bereavement,  
Connect 5 : Session 2 and 3  
4MH: Community Suicide Awareness

### Optional Wellbeing Support:

Know Your Measurements (Wellbeing Team)  
NHS Health Checks (Wellbeing Team)  
Plymotion (Plymouth City Council)