

Shape-Up Facilitator Training

A one day course for Health Professionals who are wanting to run a Shape-Up Programme

The Shape-Up approach to weight management

Shape-Up is a structured self-help programme that helps adults to manage their weight. The programme has evolved over several years and has been designed by psychologists, dietitians, and exercise specialists.

Shape-Up Groups

Shape-Up groups offer individuals the opportunity to work through the programme with the support of others in the same position.

Shape-Up groups have been designed to be run by people who have no particular 'expertise' in weight management but have an interest, professional or otherwise, in helping people to manage their weight.

Who can run a Shape-Up group?

Groups can be run by anyone with an interest in weight management and enough enthusiasm to organise a group of people. Health Professionals who have run Shape-Up groups in the past include:

- Exercise specialists
- Occupational Health professionals
- Psychologists
- Dietitians
- Practice Nurses
- Health Activists/Trainers
- Community Health Workers



How can I run a Shape-Up group?

You will need to attend the facilitators training day in order to learn the key skills for running a group. On the training day you will receive a practical guide to running Shape-Up. This will provide you with detailed information on the structure and content of the group sessions.

Why use facilitation for Shape-Up groups?

Facilitation ensures that all group members play an active role in the sessions and allows individuals to develop their own ideas and goals for weight management.

Facilitation means drawing out ideas, experience and beliefs of a group so that they arrive at conclusions and make decisions that are really theirs and for which they are willing to take responsibility.

A facilitator is the person who is responsible for focusing a group's efforts towards its objectives.

Course content

- Main elements of the Shape-Up approach to weight management
- Principles of facilitation
- Facilitation skills for use in Shape-Up groups
- Managing difficult situations
- Setting up a Shape-Up group
- Running a successful Shape-Up group

Teaching methods

- Practical examples of facilitation
- Brainstorming activities
- Group exercises
- Paired exercises
- Brief presentations

Cost of the training

University College London

- Next training date: Thursday 25th March 2010
- £195 per person

Alternatively you can schedule an in house training session:

In house training

- 15-18 people
- £1950 plus facilitators travel and expenses

Each delegate will also receive the following:

- A free copy of the Shape-Up Workbook
- A free copy of the Shape-Up Groups Facilitator's Manual (in a CD-ROM format)

For further details of Weight Concern courses or an application form, contact:

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