



Guernsey Health Trainers Scheme



Does your organisation need a Health Trainer?

A Health Trainer in your organisation shows commitment to staff well-being and fosters an environment in which healthy choices are made easier.

Health Trainers are qualified people who can give support and information to those wanting healthy lifestyle advice. Their work focuses on supporting their clients to make healthier food choices, improve their diet and exercise levels, give up smoking, and address behaviour relating to health and their motivation to change.

A Health Trainer will:

- Offer personalised one to one support to enable people to make healthy lifestyle choices
- Help people access support services, improving health and well being
- Enable people to take greater control over their own health and well-being, reducing sickness absence, and stress
- Provide an additional source of information and help for HR staff
- Improving the workplace environment and productivity

The Health Trainer Scheme is run in conjunction with the Guernsey Health Promotion Unit as a strategy to combat the growing rise in obesity.

Qualified Health Trainers have achieved the City and Guilds Level 3 course and either work for the Health and Social Services Department on a sessional basis or take on the role as part of their job for their place of employment.

The Health Promotion Unit provides opportunities for the Health Trainers to keep up to date and maintain good practice.

The City and Guilds Level 3 Certificate for Health Trainers is run by the Guernsey College of Further Education and the next course starts in September

Participants on the course will learn motivational interviewing techniques, communication and time management skills and will acquire further health knowledge.

Candidates will need to possess the literacy and numeracy skills required to complete a level 3 qualification. The course runs over one evening per week in term time for one year plus occasional training days.

For further information, please contact:
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