

Health and Wellbeing Training

October to December 2026

Training for Wellbeing Champions

Live and on demand sessions

These sessions have been designed as train the trainer sessions for wellbeing champions to attend and then to deliver in practice or just for general training and viewing

[On demand video Conflict resolution and de-escalation part 1 of 3](#)

[On demand video Conflict resolution part 2 of 3](#)

[On demand video Personal conflict resolution part 3 of 3](#)

[On demand video Stress and resilience](#)

[On demand training, the role of the wellbeing champion](#)

[On demand video The stress bucket](#)

[On demand video Circles of control](#)

[On demand video- worry time and the worry tree](#)

[On demand training- wellbeing techniques](#)

Click on any of the titles above to book your place on Medtribe and gain access to the video anytime on demand

Live support sessions

Wellbeing Drop ins

These sessions are for wellbeing champions to get advice and support, receive resources and share best practices

It is an informal drop in. Attend as many or a few as you need

October, November and December dates see booking link below



Click here to visit
our Health and
Wellbeing
webpage

[Book here!](#)



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