

fitWALK Ireland 1-day Walking Leader Training (HSE Staff) Saturday 25th November, 10am-4:00pm

As part of Health Promotion & Improvement's commitment to building the capacity of staff to support positive Health and Wellbeing in the workplace, staff are invited to attend a one-day Walking Leader Training course delivered in partnership with fitWALK Ireland and Cork Sports Partnership.

The primary aim of the training day is to up-skill staff to lead a walking group in the workplace setting and to motivate colleagues to become more physically active through walking. The workshop will give participants tips and skills to lead safe, enjoyable, health-promoting walking sessions and programmes in their workplace.

The training is FREE of charge and will involve a mix of indoor theory sessions and short outdoor practical elements so you will be expected to participate in some walking sessions throughout the day.

Who should attend?

The workshop is best suited to people with an interest in setting up/leading regular workplace walks.

Date: Saturday 25th November

Duration: 10am-4pm

Location: Myross Wood House, Leap, Co. Cork P81 Y192

Lunch: Lunch & Refreshments included



To book: Please contact Claire Hurley at Claire.Hurley@hse.ie or 087/1881663 to BOOK a place.

Please note: Before committing to the training, it is important to remember that the aim of each course is to have a panel of trained leaders who will organise walks on a regular basis for their workplace setting.