

# Practitioner Training

## Supporting Wellbeing in Educational, Health and Social Contexts

CPD Courses Facilitated by **The Wellbeing Community**

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# Introduction



Jason Dudley and Stephanie Huntington, trainers and The Wellbeing Community co-founders.

Our training is designed for helping professionals working across **education, health, and social care** settings. With over 40 years of combined experience supporting the wellbeing of children, young people, and vulnerable adults, we offer certified, face-to-face training that is experiential, skills-based, and grounded in **evidence-based tools** and techniques.

Led by skilled trainers with experience delivering training across the NHS, local authorities, schools, and the voluntary sector, our courses are practical, engaging, and tailored to real-world challenges. Participants will leave with **greater confidence** and **effective skills** they can immediately apply in their roles.

All our training is underpinned by **trauma-informed, inclusive, and neurodivergent-aware** approaches—ensuring that every session models the values we aim to promote in practice.

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# Testimonials



**“Very informative, engaging and enlightening! I enjoyed an opportunity of practical exercises. Our tutors were amazing, their professionalism and warm personalities made this experience extra special.”**

**“Amazing!! The way the whole day has been created is exceptional. It's clarified my understanding of some known concepts & provided brand new knowledge elsewhere.”**



**“Steph and Jason were fantastic. They clearly had very good knowledge of the subject and were able to provide plenty of examples. The activities were engaging and relevant. Some of the best training.”**



“Really well delivered and safely done. Great knowledge of neuro diversity in staff, young people and adult clients. To have a chance to feel safe in asking questions and be honest was brilliant.”

“All the content was relevant, well presented. The group work and discussions embedded the understanding. It's really going to have a positive impact on the way I work moving forward. Thank you”



“Very interactive, considered different learning styles and made everyone feel comfortable. Steph and Jason worked brilliantly together... great energy! Thank you 😊”



# About Us

All our training is led by The Wellbeing Community's founders, Jason Dudley and Stephanie Huntington, who bring over 40 years of combined experience in wellbeing training across education, health and social care, and community settings.



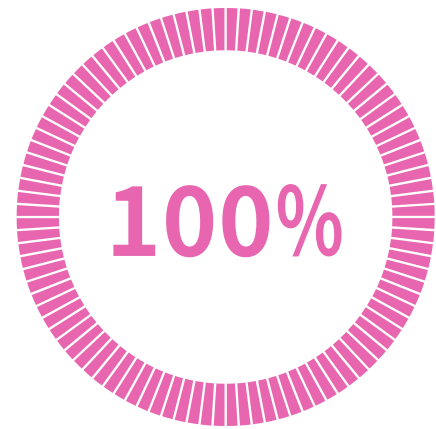
## Jason Dudley (MBACP)

JNC youth work and counselling qualified, Jason brings his expertise for community engagement and connection to his role as trainer and group facilitator.

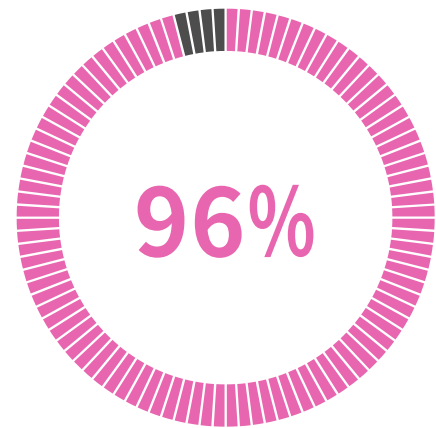


## Dr. Stephanie Huntington (MBACP)

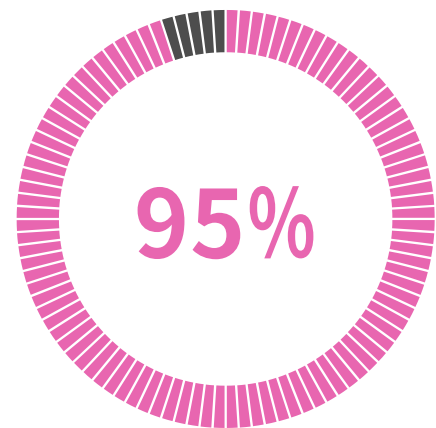
With a background in education, academia, and research, Stephanie, a CBT therapist, trainer and tutor, offers critical insight and evidence-based expertise.



**Would recommend  
our training**



**Rated trainer's  
knowledge as  
'Excellent'**



**Rated overall  
satisfaction with the  
training as 'Excellent'**

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# Training Courses

Our research highlights three key areas where we can help professionals drive meaningful change: **behaviour**, **emotion regulation**, and **group work**. These areas are essential for promoting wellbeing, as shown in the following findings.

- ① Professionals often face frustration when individuals struggle to break old habits. Additionally, in a classroom, teachers lose an average of 7 of every 30 minutes due to misbehaviour (SecEd, 2024), impacting both classroom and teacher wellbeing. Our **Behaviour in Focus** course (page 7) equips professionals with evidence-based strategies to facilitate positive behaviour change in a range of contexts and settings.
- ② With personal wellbeing and emotional health on the decline (ONS, 2023), and 1 in 5 children experiencing mental health challenges (NHS Digital, 2023) there's an increasing need for effective emotion regulation strategies. Creative approaches offer an engaging, sustainable solution (Liguori et al., 2023) as utilised in our CPD training programme **Creative Pathways to Resilience**, see page 8 for more details.
- ③ Reports indicate a decline in the social and emotional skills of UK youth, with teenagers struggling in areas such as cooperation and empathy (NFER, 2023; OECD, 2022). Group work has been shown to improve communication, teamwork, and emotional regulation, offering a more effective approach to meeting the growing support needs of communities compared to individual interventions. Our **Mastering Group Facilitation** CPD course (page 9) equips professionals with practical techniques to facilitate effective group work.

# Behaviour in Focus

## Applying CBT-Informed Tools to Facilitate Change

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### Course Length

1 day CPD

### Cost per delegate

£221 + VAT\*

\*30% discount for  
Pioneer and  
Champion members

This one-day CPD course introduces the core principles of Cognitive Behavioural Therapy (CBT) as a framework for understanding and facilitating behaviour change. Through practical, skills-based learning, participants will explore CBT-informed strategies to support children, young people, and adults in educational, social care, and therapeutic settings.

### By the end of this training participants will be able to:

- Describe key CBT principles and their relevance to behaviour change.
- **Apply CBT models** (e.g., cognitive triangle, ABC) to analyse behaviour patterns.
- Use CBT techniques to **support behaviour change** in individual and group settings.
- Reflect on their role in applying CBT-informed strategies **ethically and effectively**.

# Creative Pathways to Resilience

## Using Creative Methods For Emotion Regulation

### Course Length

1 day CPD

### Cost per person

£221 + VAT\*

\*30% discount for Pioneer and Champion members



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This course equips professionals working with children, young people and adults with creative tools and techniques to support emotion regulation and build resilience in those they work with. Approaches include art, music, therapeutic play, and storytelling.

### By the end of this training participants will be able to:

- Understand how **creativity supports resilience**.
- **Practice creative techniques** for emotion regulation.
- Adapt creative methods for various settings and contexts.
- Apply creative approaches in a **trauma-informed, inclusive, and neurodivergent-aware** way



# Mastering Group Facilitation

## Skills for Leading Effective Group Work

This course equips group leaders and facilitators with strategies to promote effective, inclusive, and psychologically safe group work across educational, social care, and health settings.

**By the end of this training participants will be able to:**

- Apply practical models and techniques to **support positive group processes**.
- **Respond to challenges** within groups using inclusive, trauma-informed approaches.
- Reflect on their facilitation style to **promote engagement, participation**, and **psychological safety**.

**Practitioner Training**

[info@thewellbeingcommunity.co.uk](mailto:info@thewellbeingcommunity.co.uk)



**Course Length:** 1 day CPD

**Cost per person:** £221 + VAT\*

\*30% discount for Pioneer and Champion members

# Booking Information

We provide year-round training and offer in-house sessions tailored to the specific needs of your organisation. To book a course or discuss customised training for your team, please get in touch using the contact details below. **CPD certificates, resources, lunch and refreshments are included.** Discounts are available for group bookings.

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## Contact

**Practitioner Training**  
[info@thewellbeingcommunity.co.uk](mailto:info@thewellbeingcommunity.co.uk)

### **The Wellbeing Community**

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