Thank you for registering on HENRYsOnline Facilitation Skills training for Healthy Families Growing up. This page provides the information you need about the course and the advance preparation you will need to do.

**What Platform is the Training on?**

Most HENRY online training takes place using Zoom and the link will be sent directly to your email address, please arrive 10 minutes in advance of your first session to check that the technology works ok for you.

**What do I need to have with me?**

* A computer with access to the internet and a camera so we can see you
* Access to Zoom (unless another platform has been specifically agreed with HENRY)
* Online Facilitation Skills workbook, plus a pen to write in it with
* Your HENRY Family Resource Set
* *A Healthy Start* practitioner handbook
* Please where possible avoid sharing a computer to allow break-out rooms to be used effectively

**What do I need to do in advance?**

* Watch the video on the HENRY website: <https://henry.org.uk/videos/healthyeating>
* Look through the parent resources and parent book
* Read the introduction pages of the Facilitator Manual
* Complete pages 2, 5 and 6 in the workbook

**Who is the training for?**

This training is for practitioners who plan to deliver HENRY’s *Healthy Families: Growing Up* online programme for families with children aged 5 to 12 years and who have already completed HENRY Core Training.

**What will I gain from the training?**

The course is designed to equip participants to deliver HENRY’s online *Healthy Families*: *Growing Up* programmes. It incorporates the HENRY approach and facilitation skills, along with some additional strategies to reflect online delivery.

**What is the structure of the course and will I need to allow for preparation time?**

The course is delivered over 3 sessions, each around 2½ hours. During Session 2, there is a skills practice when each participant delivers a 7-minute section of the online programme. To help prepare for this, you will have a 30-minute 1-to-1 preparation call with the trainer between Sessions 1 and 2. Afterwards, this will be a feedback call with the trainer between Sessions 2 and 3. Please allow time for these calls and to prepare for the skills practice.

**By the end of the training you will:**

* Have increased skills, knowledge and confidence to lead this online HENRY programme
* Be familiar with the content of the programme, and feel confident to use the detailed session plans and resources that accompany the programme
* Have developed and enhanced online group facilitation skills to deliver the interactive programme in a way that mirrors the HENRY approach and ethos of partnership and building on parents’ strengths
* Understand and feel confident to manage issues that can arise in groups, using listening, empathy and solution-focused support

**Further Information**

* For more information about HENRY please check out our website [www.henry.org.uk](http://www.henry.org.uk)
* Follow our social media platforms
	+ Twitter @HENRYhealthy
	+ Facebook @HENRY.helathyfamilies