

# FOOD & MOOD

## PROGRAM - FACILITATOR TRAINING

### WHO CAN BE A FOOD & MOOD FACILITATOR?

Food & Mood workshop facilitators do not need to be qualified in nutrition or coaching (if they are, that is a bonus). The facilitator is passionate about the Food & Mood concept, has taken time to know and understand the content and the flow of the workshops (using the workshop scripts and training resources) and can encourage a group to engage in meaningful discussions.

### FOOD & MOOD FACILITATOR TRAINING PLATFORM

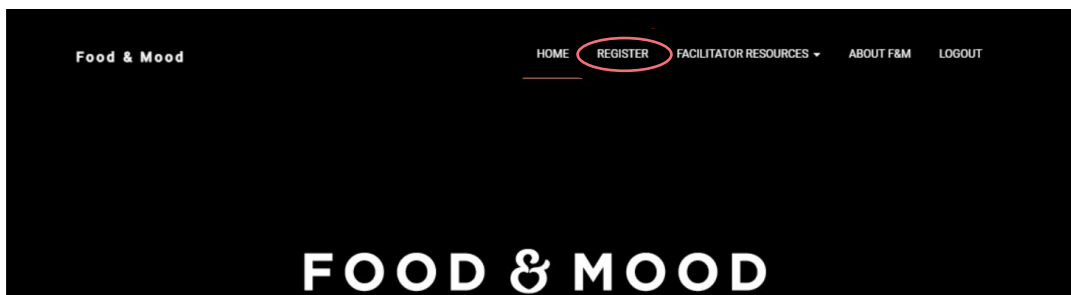
Before a Food & Mood facilitator can take any Food & Mood workshops, they must complete the facilitator training videos (previously on Velpic) on the current Food & Mood Facilitator training platform (link below). We recommend following the steps outlined below to maximise the platform and its resources to fully prepare for running a successful Food & Mood program in club.

### FOOD & MOOD FACILITATOR TRAINING PLATFORM LINK

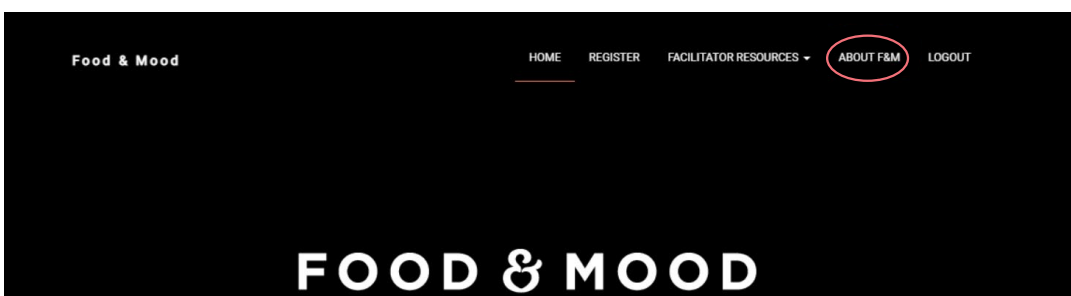
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#### RECOMMENDED STEPS:

1. First register to access the training and resources.



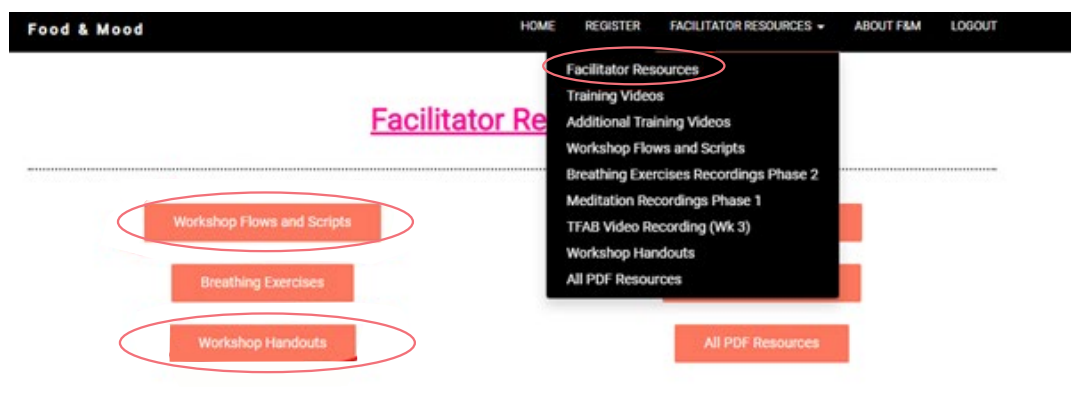
2. Make your way through the training site, starting with an overview of Food & Mood on the **About** page.



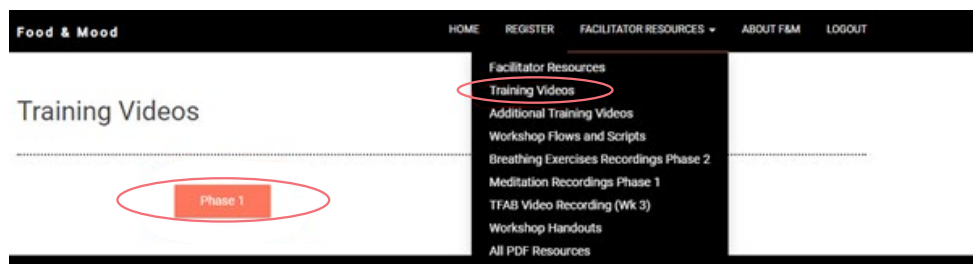
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3. Go to the **Facilitator Resources** drop-down, start with the Facilitator Resources tab and download the '**Workshop Flows and Scripts**'. It will be handy to have these with you to follow along as you watch the training videos. Feel free to make notes and jot down questions.
4. Download the '**Workshop Handouts**' too. These are the for the participants to fill in during the workshop but will help you also in preparing for the workshop activities and discussions.



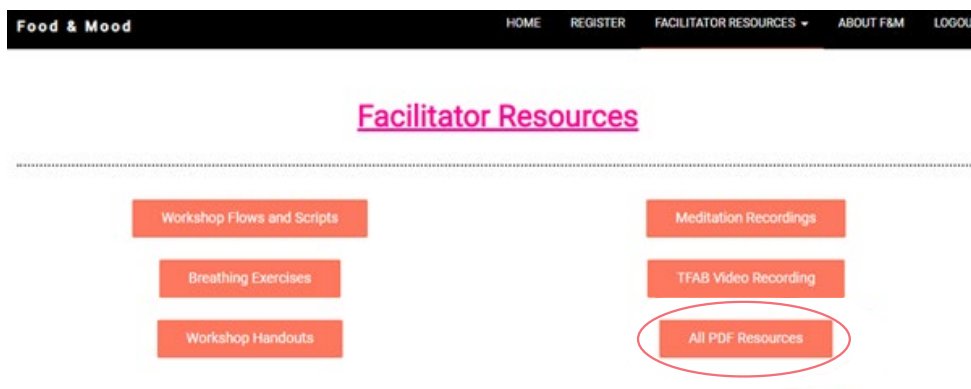
5. Go to the '**Training videos**' starting with Phase 1 if you have not completed that training already. Watch the Workshop facilitation video (at the top of the Phase 1 video page) first before the weekly workshop walkthroughs. Note, this recording was from 2020, so some of the key dates mentioned should be disregarded.



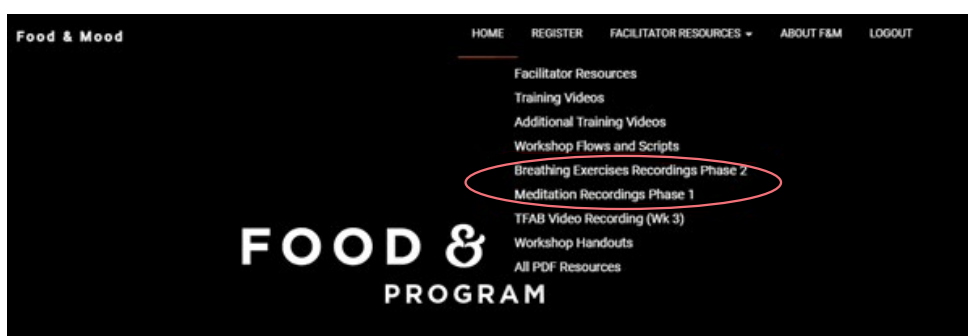
# FOOD & MOOD

## PROGRAM - FACILITATOR TRAINING

6. Once you are familiar with the workshops from having watched the training videos, familiarised yourself with the Workshop Flows and Scripts and the Workshop Handouts, go to **All PDF Resources** for access to a week-by-week account of the resources that the participants have available to them via download on the online platform (Pulse > Nutrition>Food & Mood or Pulse > Shine Challenge > Food & Mood). It is recommended you have a printed copy of all the PDF resources to refer to during the workshops.



7. In Phase 1, the participants have a weekly meditation to partake in. These are also played via a recording for the participants as part of their workshop experience. The meditation recordings can be found in the drop-down menu '**Meditation Recordings Phase 1**'. They are also embedded within the respective online content pages for each week of phase 1 of the program (weeks 1-6) for members to experience at home.



8. In Phase 2, instead of weekly meditations, the participants have weekly breathing exercises to partake in. In the workshops, you as the facilitator will verbally guide the participants through these exercises for a few minutes, using the script provided. There are video recordings, demonstrating and guiding the participants through these exercises for use at home embedded into online portal in the respective weeks (7-12).

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9. As a facilitator, you will find copies of these videos in the drop down '**Breathing Exercises Recordings Phase 2**'. Use these as a training resource/reference for you, but rather than play these recordings in the workshop, it is more effective to use the written scripts in the 'Workshop flows and scripts'. To hear how this is done, refer to the workshop walk through videos under the 'Training Videos' section for Phase 2.
10. To access the Food & Mood (one or both phases) online content, you must have the respective Food & Mood product added to your Exerp staff profile. To do this, go to your profile > select the front desk icon in the upper right corner > select the Food & Mood product to give you access > adjust price to \$0.00 and then proceed through checkout. When you login to Fernwood Pulse, you will see Food & Mood and/or Food & Mood Phase 2 under drop down when you hover over 'Nutrition' in the Navigation Bar. You can now explore the members' program pages and familiarise yourself with their content, so you and the member are all on the same page throughout the program.

