



WELLBEING IN NATURE

NURTURING HEALTH OUTDOORS

Studies have shown that connecting with nature can have significant mental health benefits. Feeling safe in a nature environment promotes relaxation and can significantly reduce stress and anxiety, improving focus and cognitive function, boosting mood, feelings of self-worth, self-esteem and a sense of connection to something larger than oneself. Engaging in gentle, attention focussing physical activities in a nature environment also has an important role in improving mental health through the restorative effects of being in the present moment.

The purpose of the Wellbeing In Nature practitioner qualification (Level 3) is to provide confidence to commissioning bodies in the competence of practitioners who deliver health and wellbeing related sessions outdoors.

The WIN Level 3 qualification covers

- A theoretical based training pathway to equip session leaders with a broad and in-depth understanding of the benefits and challenges of running health sessions outdoors
- Assessment of actual session delivery

Agored Cymru Level 3 Certificate for Wellbeing in Nature Practitioners.

Minimum Entry Requirements. Learners must be 18 years of age or older. Learners should be qualified to at least level 2 in a relevant subject area or be able to demonstrate experience of working with vulnerable adults or young people in a leadership capacity.

Learners should have appropriate insurance cover and permissions for delivering programmes outdoors with a client group.

Requirement to have a relevant first aid qualification and food hygiene certificate if intending to cook food outdoors.

Course study requirements. The qualification requires 30 hours of training be delivered face to face/online

Individual study requirement is a minimum of 100 hours.

Learners will be required to design and deliver a Wellbeing In Nature series of 6 half-day sessions, One session will be observed and assessed. ,

Appropriate Policies and Health and safety documentation, in relation to running a series of 6 sessions.

A portfolio of evidence to demonstrate understanding of the Assessment Criteria for 3 different units: -

Principles of Wellbeing In Nature. Facilitating Wellbeing in Nature. Sustainable use of natural resources

This is a wholly theoretical course and contains no practical training relating to activities.

Cost £1075.00

Agored Cymru Level 2 Award for Wellbeing in Nature

This is an excellent starting point for those with minimum experience of working with people in the outdoors for promoting health benefits. There are also options within the award to practical learning (not available at Level 3).

Minimum entry requirements. Learners must be 18 years of age or older. Learners do not have to evidence previous experience of involvement in working with vulnerable people outdoors for promotion of health and wellbeing benefits.

Course study requirements

The award requires 25 hours of training delivered face to face and online.

Individual study requirement is a minimum of 25 hours

Learners will be involved in theoretical and practical skills learning that will provide a foundation for starting to support qualified session leaders running health and wellbeing related sessions outdoors.

Learners will need to submit a portfolio of work demonstrating understanding of the Assessment Criteria for a theoretical unit with a further 2 units with more practical based content.

This Level 2 Award could be used as a progressive step towards engaging with Level 3 WIN training at a later date, or another relevant Level 3 qualification entirely.

Cost £575.00