

Wellbeing and Asset Based Brief Intervention Training (WABBIT)

WABBIT introduces staff to wellbeing tools and techniques that enhance beneficiary outcomes in public services. The training builds confidence to incorporate wellbeing approaches into everyday practice.

The training is suitable for:

- Clinicians and allied health professionals
- Social Workers
- Teachers and educational support staff
- Housing Trust employees
- Emergency Service professionals
- The Voluntary, Community, Faith and Social Enterprise sector
- Residential Care Workers



WABBIT is delivered by expert facilitators from Wellbeing Enterprises CIC and content includes:

1. Overview of key research and policy drivers pertaining to wellbeing and asset-based approaches in public sector provision
2. Evidence-based wellbeing interventions: theory and practice
3. Holistic needs assessments and wellbeing planning
4. Asset-based approaches, strength-based working and solution focused techniques
5. Self-help and self-care strategies
6. Measuring change and capturing outcomes

“Wellbeing Enterprises have provided us with invaluable insights as to how wellbeing approaches can improve primary and secondary care services”

Dave Sweeney, Executive Implementation Lead,
Cheshire & Merseyside Health & Care Partnership

“Improving wellbeing is the most effective and most cost-effective health tool that exists. Treating illness without considering the holistic person in front of you is a mistake and leads to more illness. I’m delighted to endorse Wellbeing Enterprises’ holistic health approaches”

Professor Henk Parmentier,
Vice President for Europe,
World Federation for Mental Health

Benefits of WABBIT:

- Build staff confidence to use evidence-based wellbeing and asset-based interventions
- Enhance public sector provision and beneficiary outcomes
- Implement a repertoire of wellbeing techniques and self-care strategies with beneficiaries
- Feel empowered to have conversations about the wider determinants of health
- Simple, effective tools and techniques to make every contact count



We cater to a wide range of training needs and cover the whole of the UK. Contact us today for more information.

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100% of profits generated from sales fund the work of Wellbeing Enterprises CIC, a social enterprise on a mission to help people and communities live happier, healthier and longer lives.

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