

# Walk Champion Training

**Fully funded by West Yorkshire Combined Authority**

Our CPD accredited Walk Champion training equips staff with the tools and expertise to inspire and encourage colleagues to embrace workplace wellbeing through walking. The interactive session takes place over two hours and is delivered as a live, online event.



It was good to build an Action Plan during the training to share with colleagues. Additional resources, further reading, apps, and local stats will help us encourage walking. Exploring motivating factors and sharing ideas will really help to embed a walking culture.



I valued the chance to learn compelling stats around the many benefits of walking, I can now back up my personal experience with impressive facts.

I enjoyed the the openness for discussion without it being too pressured. I learnt a lot from everyone in the session and found it really accommodating and accessible.

Thank you - really enjoyed the training. The time flew by and it was lovely meeting all the other participants too.



**Scan the QR code to book a place or get in touch for more information:**

[rachel.adams@livingstreets.org.uk](mailto:rachel.adams@livingstreets.org.uk)

[ross.gemmell@livingstreets.org.uk](mailto:ross.gemmell@livingstreets.org.uk)

