



Online Workshop

Helping Children and Young People to be Active

Who can attend? Youth Workers, Family Link workers, Professionals supporting families, Youth Charities

When? 18th October 12 - 1pm

How long? 1-Hour

Being physically active has never been more important. We can all play a role in encouraging and empowering others to become active. Whether that's through signposting to resources, talking about the benefits, or simply encouragement.

You'll learn:

- Benefits of being physically active
- National guidelines and practical tips
- Key signposting resources
- How to have positive conversations about being more active

Plus you'll take away a certificate and a digital resource pack!



[Book your FREE place here!](#)

" I feel more confident about having conversations with families to be more active and giving different ideas about how to implement this on a daily basis"

"The workshop is so informative, great learning points in how to talk to families using open What/How questions"