

FAQ'S

Who may attend this accredited training?

Qualified Infant Massage instructors or Baby Yoga Instructors, preferably with at least six months experience of holding classes.

How long does the training last?

The course runs for two days – 9 - 4.30 with breaks for lunch and refreshments.

Are the trainings virtual or Face to Face?

We offer both. Ideally, we prefer to present this training face to face and the majority of our trainings are being offered in person. However, our virtual trainings have been so well received during lockdown that we are continuing to offer these twice a year.

Where are the trainings?

Please see our website www.wellbeinginternational.co.uk to see the upcoming trainings. If there is not one in your area do let us know and we can investigate this further.

What is the cost and what is included?

The cost is £337 per place. You will receive the 2-day training, a Wellbeing for Mothers & Babies Workbook, 6 copies of our new Wellbeing Story Massage book 'The Seal who was Scared of the Sea' (one copy for the instructor and 5 for the first class you take as part of your accreditation process), a USB packed with additional resources and access to a closed FB page with additional on-going resources and support. There is no on-going membership fee.

Is there an in-house option?

Yes, there is. Should you have 10-20 members of your team/organisation we offer an 'in-house' training at your venue. The rate is then reduced to £247 per delegate.

Is there an assignment or exam as part of the course?

You are required to deliver the 5-week course to at least 5 mothers after which they submit their evaluation forms, along with your lesson plan and self-evaluation.

Is the training accredited?

Yes – the course is accredited by the Continuing Professional Development (CPD) standards office.

Do I need any special equipment?

Your demonstration doll is the main teaching aid. Other resources would be whatever you might choose to add that would create a welcoming, beautiful and comfortable space.

Do you offer post-training support?

Yes – indeed we do - you will be invited to join a closed Facebook group where you can safely access updated and fresh resources. Networking with other Instructors is also really beneficial, offering one another support, ideas and advice.

If you have any other questions, or would like further information, do feel free to contact us.