



WellBeing
International Ltd



WELLBEING FOR MOTHER & BABY INSTRUCTOR TRAINING

A perfect follow on training from
infant massage or baby yoga

www.wellbeinginternational.co.uk

Vision

For all mothers to feel loved, celebrated and honoured in their nurturing and protecting role as they consciously focus on their own and their baby's holistic wellbeing

Mission

To provide resources, curriculum and training to support Wellbeing Mother & Baby instructors as they contribute to the empowerment and happiness of all mothers.

Co-Founders and Trainers



Kate Pigeon-Owen BA (Hons) ITEC CIMI

Kate is the founder of Wellbeing International Ltd and part of a team of 12 consultants specialising in different aspects of wellbeing. She is a Stress Management Consultant and Trainer with both the International Association of Infant Massage and the Massage in Schools Programme. Additionally she is a Bach Flower Facilitator. Kate offers training and consultancy in the UK, Canada and the Far East in the corporate, statutory and voluntary sectors. She has appeared on television, BBC Norfolk radio and Woman's Hour and has published articles on education, stress and massage, which featured in the East Anglian Daily Times and Organic Life magazine.



Caroline Roberts BA (Hons) PGCE ITEC CIMI

Caroline holds a post-graduate certificate in education as well as many complementary therapy diplomas. In her private practice she integrates seven different healing modalities into her treatments. She has trained hundreds of Holistic Massage Practitioners and Aromatherapists and more than a thousand infant massage instructors. As a Trainer with the International Association of Infant Massage she has worked in Australia, New Zealand and throughout the UK. She holds online and in-person Women's Rose Heart Circles and is the author of 'Grace from Grief: Death, Divorce and the Divine Feminine'.

Training Content

(involves practical and theoretical work)

- History of the Wellbeing Training
- Theory on 5 aspects of Wellbeing including:
Art & Science of Wellbeing, Use of Technology
& Sleep
- Circle principles to create & hold a safe space
- Facilitation skills such as how to hold informal discussions
- 5 week class template covering Icebreakers, Theory Discussions & Closures
- Guided relaxations including breathwork, movement & massage
- Clothed back massage for mothers
- Wellbeing Story Massage, lullabies & rhymes for babies

Pre-requisite for Attendance

Certified in either Infant Massage or Baby Yoga

Completion of booking form with evidence of instructor qualification

Certification Process

Full attendance of the 2 day training

Signing the Wellbeing International Agreement

Submission of 5 Parent Evaluations & Reflective Summary

Training fee includes

2 day training

Manual

USB including lesson plans for each of the 5 classes

Certificate

Ongoing Support

Support from Trainer via email and Zoom

Newsletter every 6 months

Regular CPD events across the UK

Payment

£295 per delegate (discounts available for 3 or more)

£200 per delegate (in-house rate, minimum 10-20)

