



WellBeing
International Ltd



WELLBEING FOR MOTHER & BABY INSTRUCTOR TRAINING

A ground breaking course which is the
first of it's kind anywhere in the world

This new and unique course is an extraordinary
contribution to the holistic wellbeing of any young family

www.wellbeinginternational.co.uk

Training Content

(involves practical and theoretical work)

The training teaches instructors how to share with Mothers the fundamental aspects of physical, emotional and mental wellbeing for themselves and their baby. Helping them deepen the attachment and bonding process by sharing Wellbeing Story Massage such as our own beautifully illustrated book “The Seal Who Was Scared Of The Sea”

- Theory on 5 Aspects of Wellbeing including:
Science of Wellbeing, Use of Technology, Connection & 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
- Relaxed breathing & movement
- Clothed Wellbeing 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

Fully accredited programme with the CPD Standards Office



OUR 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

OUR 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



Kate Pigeon-Owen BA (Hons) ITEC CIMI

Kate is the founder of Wellbeing International Ltd and part of a team of 14 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. 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.

Trainer



Gail Bovenizer

Gail is the founder of Complete Harmony, she has cultivated a nurturing environment where parents and babies thrive. Her expertise and compassionate approach shine through in the array of services and programmes she offers, aimed at promoting bonding, attachment, and holistic development from infancy. Gail's profound understanding of parental and infant needs enables her to provide tailored support that empowers families to navigate parenthood with confidence and resilience. Gail is an International trainer for the International Association of Infant Massage and the Massage in Schools Programme and had trained instructors in Ireland, the UK, Australia, Taiwan and India. She is also a member of the IAIM Committee for Trainer Candidates supporting new trainers around the world.

Training fee includes

2 day training, from 9 - 4.30 each day

Manual

10 copies of our Story Massage book 'The Seal who was Scared of the Sea'

USB including lesson plans for each of the 5 classes

Certificate

Ongoing Support

Access to a closed Facebook group

Support from Trainer via email and Zoom

CPD events across the UK

Payment

£395 per delegate

£295 per delegate (in-house rate, minimum 10-20)

“ The impact this training and the subsequent course have had is significant...One mum described the course as her **“lifeline”**, and you could receive **no greater** endorsement than that - **Wendy Haycock**,
Group & Project Lead, Home-Start, Suffolk ”

