



Wellbeing ambassador training

Aims:

To equip young people with the knowledge, confidence and skills to recognise when a peer is struggling with their wellbeing, offer appropriate peer support, and signpost to further help while modelling a healthy commitment to their own wellbeing and understanding the boundaries of the role.

To build a peer-led culture of wellbeing in which young people feel able to look out for one another and know where to turn for support.

To develop confident, well-boundaried Wellbeing Ambassadors who can recognise, respond to and signpost peers experiencing low wellbeing.

Objectives:

By the end of the training, participants will be able to:

- Describe what wellbeing is and identify its physical, social and emotional dimensions.
- Explain the role of a Wellbeing Ambassador, including its limits; recognising that they are not a mental health professional or an emergency contact.
- Use the Wellbeing Thermometer to identify whether a peer is in the green, orange or red zone, drawing on feelings, thoughts, physical signs and behaviour.
- Apply active listening skills; giving time and space, summarising, and using open TED prompts ("Tell me...", "Explain to me...", "Describe to me..."), to support a peer in the orange zone.
- Guide a peer through a simple self-soothing breathing exercise when they are in a heightened state.
- Recognise when a peer is in the red zone and respond appropriately by involving a trusted adult.
- Signpost peers to relevant sources of support, including the organisations in the resource pack and a directory of trusted staff in their own school.
- Identify ways to model and maintain a personal commitment to their own wellbeing.