

Advancing Skills for delivery of the BDA Work Ready Programme

Learning Outcomes

To support the roll out of the BDA Work Ready Programme, this course has been developed to consolidate and advance practice in health promotion in the workplace using BDA Work Ready Programme tools. This course is intended for dietitians who have some experience in health promotion and/or workplace health interventions and is being run to accredit a group of BDA members as “BDA Work Ready” dietitians which will allow access to the full range of resources and use of a logo on publicity materials

By attending the online course participants will be able to....

- Recognise the aims and scope of the BDA Work Ready Programme
- Identify how the programme sits within other workplace health initiatives
- Appraise the evidence base on effective nutrition interventions covered in the BDA White Paper
- Define the key messaging of the BDA Work Ready Programme
- Understand how to use the tools of the programme
- Identify existing BDA resources which may be useful in delivery of the programme
- Adapt workshop sessions for different client groups and settings
- Assess key barriers and enablers to the implementation of the BDA Work Ready Programme
- Identify the value and techniques in evaluating outcomes
- Explain the Nutrition Assessment Tools and how the BDA Work Ready process will work
- Ask questions and discuss aspects of BDA Work Ready Programme
- Virtually “meet” other BDA Work Ready dietitians for networking and sharing of ideas



Advancing Skills for independent delivery of the BDA Work Ready Programme

Online delivery Course Agenda

Day 1

Welcome, introductions and housekeeping

The Story so far - History of Work Ready, and where we are now.

**Becoming an accredited BDA Work Ready dietitian
(The licensing process for freelance and NHS dietitians)**

Evidence base: Study Key points of the literature review

Work Ready Case Study

Work Ready tools

Day 2

How it works - Delivering & selling the BDA Work Ready Programme

Using the nutritional needs assessment to set outcomes and plan interventions

Workshops/webinars: Showcasing, tailoring and evaluation

Marketing and the booking process

Promoting and using Work Ready in the NHS

Accreditation and case study preparation

*We may change the running order or sessions depending on speakers and attendees' needs.
A detailed agenda will be shared with you ahead of the training.*

**WORK
READY!**