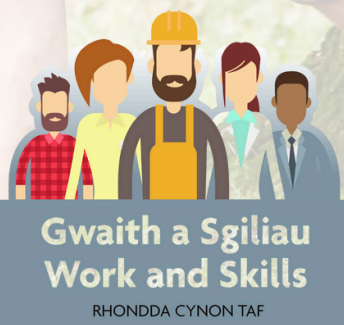


Chwaraeon RhCT  
Sport RCT

# A Step A Head training

DELIVERY PARTNERS



Llywodraeth Cymru  
Welsh Government



RHONDDA CYNON TAF



Funded by  
UK Government



**11** ATTENDED THE TRAINING  
**12** GROUP WILL BE SET UP AS A RESULT  
WITH **120** PEOPLE BENEFITTING

FEEL HAPPIER DELIVERING

100%

FEEL MORE CONFIDENT DELIVERYING

100%

WILL NOW DELIVER

100%

ENJOYED THE TRAINING

100%

WOULD RECOMMEND TO OTHERS

100%





I feel much better about being able to deliver this project to participants now. I feel I have a much better understanding to enable me to do this.

The session helped me to believe in myself and work towards being more competent in delivering to the public.

I was very motivated to plan delivery of this project, as I could see what a difference it could make to people.

I really enjoyed the training and found that it helped me to understand the importance of being aware of your surroundings while out walking, talking etc.

I believe that everyone could take a lot away from the training and implement it in to their personal life as well as using it for work purposes.





INFORMAL FUN HEALTH  
COMPETENT IMPACT POSITIVE  
A STEP A HEAD TRAINING  
UNDERSTANDING CONFIDENCE  
INFORMATIVE MOTIVATED WELLBEING  
KNOWLEDGEABLE