

Ethical Weight Management and GLP-1 Support

Training Curriculum

This document outlines the complete learning journey for our Ethical Weight Management and GLP-1 Support training program. Our blended-learning model is designed to provide a deep, practical, and sustained learning experience, combining self-paced online modules with live, interactive sessions.

The Program Structure - A Blended Learning Journey

Our curriculum is delivered in two integrated parts to ensure you build a strong foundation of knowledge and have the ongoing support to apply it confidently in your practice.

Phase	Format	Description
Part 1	1-Day Intensive Skills Workshop	A full-day, interactive, and skills-based workshop delivered live, focusing on practical application and real-world scenarios.
Part 2	6-Week Online Learning & Support	A comprehensive six-week program combining self-paced modules with online community and trainer support for deeper learning, Q&A, and case study discussion.

Part 1 – 1 Day Intensive Skills Workshop (Live)

This is a busy, practical, and interactive day. The workshop is designed to translate theory into practice, providing you with the tools and confidence to work effectively with this client group.

Workshop Agenda

The co-occurrence of problem eating in healthcare - An overview of the incidence of emotional eating, binge eating disorder, and subclinical disordered eating across various healthcare settings.

The intersection of disordered eating with higher weight - Understanding the complexities and nuances of disordered eating and emotional eating in adults with higher body weights.

The importance of a non-diet approach in the context of disordered eating.

The role of trauma in the context of higher weight and its impact on eating behaviours.

Other hidden factors behind 'non-compliance'. Exploring the deeper reasons for challenges with treatment adherence.

Participants will receive comprehensive handouts and slides, and take-away tools & resources to use immediately in practice.

Part 2 – 6 Weeks Online Learning & Support

Following the workshop, you will begin a six-week online program designed to deepen your knowledge and support the integration of your new skills. This includes six self-paced learning modules and an online community forum for interaction with both your training group and trainer for Q&A, case study feedback as you begin implementing learning in your practice and peer support.

Weekly Curriculum

Week 1 - Setting the Scene for Ethical Weight Management

Module 1 - Understanding the client profile – personality type and why it matters

Module 2 - Implications of the 'Obesity as a Disease' narrative

Module 3 – Implications of weight stigma and bias in healthcare

Week 2 - Complexities of Weight Loss Medications

Module 1 - Navigating intended and unintended physiological changes

Module 2 - Navigating Intended and unintended psychological changes

Module 3 - Disordered eating and other red flags

Week 3 - Beginning to Separate Food from Feelings

Module 1 - Exploring the person's emotional relationship with food

Module 2 - Exploring fears and resistance to change in their relationship with food

Module 3 - Managing and reducing emotional eating and binge eating urges

Week 4 - Culture, Diversity and Body Image in Weight Management

Module 1 - Cultural considerations in weight management

Module 2 - Neurodiversity implications in weight management and emotional/binge Eating

Module 3 - The body image journey

Week 5 - Sustainable Change and Long Term Weight Management

Module 1 - Vitamin P – Pleasure! Exploring cravings, and reframing a relationship with food

Module 2 - Neuroscience - CBT tools to explore mindset barriers to change

Module 3 - Emotional coping toolkit - separating food from feelings

Week 6 - Bringing it all Together

Module 1 - Navigating weight regain, and reframing "Success"

Module 2 - 3 Audits for long term success

Module 3 - Developing a "roadmap for life" - ensuring sustainable change