

Facilitators



Facilitators lead a group of members, helping them prepare, and then successfully complete the E-SaW Guaranteed Permanent programme.

After a member joins the Club, in consultation with their mentor, coach and, sometimes, consultant ([learn more about working as a consultant here](#)) they consider the best date for them to commit the time and energy necessary to join a group starting the E-SaW Guaranteed Permanent programme. Most members join very quickly, but some need additional advice, support and care before doing so.

Facilitators are in charge of the proceedings, week-by-week, of a group of E-SaW Club members (known as 'a cohort') undertaking our central programme: The E-SaW Guaranteed Permanent.

Their work centres around the practical and emotional aspects that ensure the members' welfare and success - from making sure they have the key to the meeting venue and everything is ready, to being there in time to welcome their E-SaW Club members. Most of all, facilitators know and care about their members - making sure that the group have adequate access to mentors and consultants so that every member receives all the support and advice that each one needs.

Facilitators work with one another, so they don't have to commit to running a cohort for the whole time that they are on the E-SaW Guaranteed Permanent. They can make arrangements with other facilitators to stand in for them, if they need to, or even take over their group.

What skills do facilitators need?

- A real desire to benefit other people in their work.
- The ability to gain peoples' trust.
- High levels of personal ethics.
- The ability to network and market the course.
- The ability to understand, thoroughly, the way that the E-SaW Club works and, in particular, the material within the E-SaW Guaranteed Permanent programme. Training for this is provided.
- The ability to work within a group of people dedicated to improving people's health and happiness.
- An understanding of mindful attitudes or a willingness to be taught these.

What qualifications do facilitators need?

Facilitators do not need a health or biomedical science qualification, though many health and biomedical professionals are facilitators and also work as consultants.

Facilitators need to have completed an 8 week approved Mindfulness based Cognitive Therapy (MBCT), Mindfulness-based Stress Reduction (MBSR) or a Mindfulness-based Pain and Anxiety course or be willing to do so as soon as possible. We can arrange an 8 week course for facilitators.

What training do facilitators need to take - and how much is it?

Facilitators need to take the [Certificate in Size & Weight Practice](#) or the [Clinical Diploma in Size & Weight Practice](#) at The National Colleges - thereby becoming Registered Size & Weight Practitioners.

If the facilitator has not taken an 8 week approved Mindfulness based Cognitive Therapy (MBCT), Mindfulness-based Stress Reduction (MBSR) or a Mindfulness-based Pain and Anxiety course, then they take one with us which has enhanced tutoring to make sure that the facilitator understands fully how the course works.

For more details, please [click here](#).

People taking these courses can also become [Registered Diabetes Prevention Practitioners](#) by adding a further short course.



Where does training take place?

We work hard to provide training wherever the facilitator is located.

What do facilitators earn?

We aim for facilitators, who also act as mentors, ([click here to learn more about working as a mentor](#)) to earn about £6,300 per cohort – considerably more if they also have a health qualification and act as a consultant to the group ([link here to learn more about working as a consultant](#)). Facilitators can earn a full-time equivalent of £50,400-£63,000.

Are facilitators self-employed?

Usually, yes. Facilitators often work as mentors too and, if they have the appropriate qualifications, with other groups as consultants, so they prefer to be self-employed. However, some clubs branches will probably employ part and full-time facilitators as they grow.