

LLT Otago Leaders Award for NHS one-to-one settings Timetable

Mandatory Pre-Course Online Learning Tasks

to be completed prior to attending face to face training days

Min. Duration	Resources	Task
20 mins	Online course forum	Post a welcome message with your profession, role and work summary relating to exercise and falls prevention
2 hours	Online portal	<ul style="list-style-type: none"> - Watch a series of narrated presentations about the research for OEP, exercise training principles and LLTs go-to 7 principles to support behaviour change - Complete the mandatory online multiple-choice questions/learning checks
3 hours	Hard copy resources (posted)	<ul style="list-style-type: none"> - Read the 'How to Lead the OEP' handbook - Read LLTs 7 go-to Principles to support behaviour change reader
1 hour	Online portal	Watch OEP exercise videos
45 mins	Candidate Assessment Instructions – hard copy booklet	Read OEP Assessment requirements

Pre-course online learning is monitored and supported by an LLT tutor

Face to Face Training Day 1

Approx Time	Session Title & Overview	Session Type
08.55 - 09.00	Registration - Arrive with an open mind (bring all hard-copy resources)	
09.00 - 09.45	Welcome's intro's , house keeping things, expectations for assessment and getting in the zone for behaviour change principles , exercise science, reflective practice, and your pre-course learning thoughts	LLT LEAD
09.45 - 10.00	Where are you currently at? Reflect and analyse your OEP practice	CANDIDATE LEAD
10.00 - 10.15	Setting the scene, what is Otago , who is it for, what are we trying to achieve, what can we hope to achieve and what are the expectations (of everyone involved)?	CANDIDATE LEAD
10.15 - 10.45	Otago is more than a list of exercises (to be effective, achieve results): The case for and relationship between exercise science, behaviour change science and reflective practice	LLT LEAD
10.45 - 11.00	Break	
11.00 - 11.30	Essential behaviour change principles for Otago Leaders: change happens over-time, finding intrinsic motivations, supporting self-efficacy, finding out what helps and hinders home exercise programmes all require better targeted and tailored conversations	
11.30 - 12.30	Otago exercises technical review: identify & discuss components of fitness targeted and principles of progression for each component	CANDIDATE LEAD
12.30 - 13.00	PLUS, transitions into positions as teachable moments	LLT LEAD CANDIDATE PRACTICAL
13.00 - 13.45	Lunch	
13.45 - 15.30	Presenting a home exercise visit structure (standardised, consistent, specific) Optimal leading for optimal gains – presenting a best practice approach for supporting exercise dose at home	CANDIDATE LEAD PRACTICAL SKILLS CONVERSATIONAL SKILLS
15.30 - 15.45	Return to reflective practice reflect and analyse your OEP practice since this morning's reflections	CANDIDATE LEAD
15.45 - 16.30	OEP persona review: exercise selection, planning for success, achieving dose/getting people off to the best possible start (preparation for day 2 and homework)	LLT LEAD
16.30 - 17.00	Candidate support (as required)	LLT LEAD

Timings are approximate and subject to change

Face to Face Training Day 2

Approx Time	Session Title & Overview	Session Type
08.55 - 09.00	Registration - Arrive ready to progress learning	
09.00 - 09.20	Dose review (a reminder of why we need to do things differently)	CANDIDATE LEAD
09.20 - 10.00	<ul style="list-style-type: none"> - What is the language of strength and balance, how could older people benefit from different conversations? - How could the workforce benefit from different conversations? - Handovers/communication between colleagues 	CANDIDATE LEAD
10.00 - 10.30	Whole group persona review of Andrew	LLT LEAD
10.30 - 10.45	Break	
10.45 - 12.15	OEP persona's best practice visit structure (Andrew) – planning for success (leading skills, exercise selection, progression, tailoring of exercise and language, setting expectations, managing transitions and use of home exercise booklet/monitoring)	CANDIDATE LEAD PRACTICAL SKILLS CONVERSATIONAL SKILLS
12.15 - 13.00	Lunch	
13.00 - 13.45	Return to reflective practice reflect and analyse your OEP practice from the morning and from a recent work-based visit, practice format for assessment submission	CANDIDATE LEAD
13.45 - 15.15	OEP persona's best practice visit structure (Barbara & Charvi) - planning for success – (plus session preparation and planning for assessed elements)	CANDIDATE LEAD PRACTICAL SKILLS
15.15 - 15.30	Break	
15.30 - 16.00	Planning for skills assessment - allocate persona's, set timeframes and next steps	CANDIDATE LEAD
16.00 - 16.30	Course review, specific reflections and community of practice	LLT LEAD

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Assessment elements for submission	
Final assessment submission briefing	- Check-in with LLT tutor via TEAMS on course date provided
Practical skills video submission (one-to-one, 5 exercises)	- Videos to be sent via WeTransfer to LLT by the course deadline provided.
Written session preparation and planning	<ul style="list-style-type: none"> - Practical skills graded as 'criteria achieved, recommendations, actions' - A summary of these grades will be included in host report for ongoing support of skills
Reflective practice report	- Uploaded to the course portal within 2-weeks of receiving assessor feedback (graded as 'pass/refer' and required to be sufficiently detailed)

An electronic copy of the LLT OEP Leader Award certificate will be made available once all assessed elements have been sufficiently fulfilled.

A hardcopy certificate can be requested