

CBE Learning Module

Better Training Outcomes from Seated Exercise

An online learning session for existing CBE qualified leaders

Themes Covered

- ✓ 5 commonly missed opportunities to support seated participants to get even more benefit from your seated exercise sessions
- ✓ Resistance bands - Getting to grips with optimum resistance, anchor points and angles for seated resistance exercises
- ✓ Seated exercise - why it is inaccurate to promote as falls prevention

*All candidates, including Education Connect members are required to book their place via the website

ONLY

£20
+VAT

*OR FREE with:



Who is this course for?

Following our CBE statement in June 2021 (explaining why we are no longer delivering the CBE Leader qualification), this virtual learning event is designed for anyone who holds a CBE Leader qualification and already teaching.

Practice-based Content

- ✓ The session is 1-hour
- ✓ Bex will encourage interaction and questions throughout the session. (The sessions are not recorded for this reason)
- ✓ Content includes; practical demonstrations, observation and analysis, critical thinking & application, skills rehearsal, facilitated discussion
- ✓ Groups will be kept to a maximum of 9 (booking required for members and non-members)

To attend your online face to face training via Microsoft Teams, we recommend using the most up to date version of Chrome, Firefox or Microsoft Edge. For a full list of compatible web browsers [please see here](#). Where possible we recommend using a laptop or desktop computer