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# THE EMPOWER PROGRAMME



Inspire, Engage & Empower  
your people in partnership  
with The Inspire Group



@weareinspire



/weareinspiregroup



[www.inspire-group.co.uk](http://www.inspire-group.co.uk)

# THE PROGRAMME

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## What we do

# #InspireEngageEmpower

The Empower Programme delivered by The Inspire Group is designed to support members of our wider community living with mental health issues. The programme supports our [#InspireEngageEmpower](#) methodology and seeks to align itself to the wider strategic aims that your institution has. We believe the work we could do with your patients will bring the upmost out of patients and help to engage them back to the community. We bring enthusiasm and top quality engaging sessions which will be tailored to each and every individual.



### INSPIRE YOUR PEOPLE

The Empower Programme inspires your people to take control of their own physical, mental and personal wellbeing and offers support and guidance on how to do this.



### ENGAGE WITH US

We will put together a bespoke programme of sessions, activities and positive sport experiences to share our message with you and you people.



### EMPOWER YOUR STRATEGY

With our help you will build physically active and mentally resilient people that can contribute to your wider strategic aims.

## THE WELLBEING ASSESSMENT

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Our Wellbeing Assessment is the first step on your [#InspireEngageEmpower](#) journey. Our staff will immerse themselves in the culture of your people and understand your environment. Following on from this our staff will be able build a programme

tailored to your needs and demands and the unique people that you work alongside. This allows us to support you on your [#InspireEngage#Empower](#) journey in the best way possible.

# THE PROGRAMME

## How we do it



### STRENGTH & CONDITIONING

To support patients in treatment for eating disorders we would work alongside nutritionists to put together short, medium and long term training plans to help build up an individual back towards full health and strength. This would be individual plans to help suit the needs of every individual and be aligned with the wider course of treatment by your medical experts. This plan would be designed by our staff to be delivered within the facility.

### HIGH RISK PATIENTS

High risk patients would be supported in small contact groups. The Engage interventions will take very basic, introductory aspects of physical activity and introduce them alongside the course of treatment delivered by the hospital facility. With your help we would like to identify patients over a period of time that have then progressed into bigger groups or larger scale interventions that can further support their recovery.



### EMPOWERING ACUTE PATIENTS

Acute patients will be supported with group activities that can help build social and personal connections to both each other and Inspire Group staff. These sessions will provide physical wellbeing support that can align itself to the key messages that the hospital treatment is offering to the patient. Empower support also encourages patients to identify strategies and longer term targets to aid their progression into recovery.

## OUR PARTNERS

“We have been running this programme at Lakeside View. The feedback from both the staff and the patients has been very positive. The coaches are very professional and engage really well with the patients, some of whom are extremely unwell.” Davinia Henry Occupational Therapist

**PRIORY**

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# THE EMPOWER PROGRAMME

For more information on the Engaged for Life programme and to arrange a personal consultation please contact -

Alex Howard  
Director  
[alex@inspire-group.co.uk](mailto:alex@inspire-group.co.uk)



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