

# WELLBEING AND HOLISTIC THERAPIST

This training programme has been designed for those working in the hair and beauty sector. Individuals create, implement and adapt tailored holistic and wellbeing experiences, in a variety of environments, meeting and managing treatment and experience outcomes in private, secure and safe environments. Wellbeing and Holistic therapists complete treatments and wellbeing experiences via holistic therapy principles, theories and applications to calm or stimulate the sensory perceptions of the body and mind in the pursuit of optimal functioning and balance of the physical, emotional and mental aspects of daily life.

## Is this training programme for your business?

This programme is ideal for new and talented employees who want to learn and progress, or for your existing employees who are looking to retrain or upskill. It is ideal for those looking to develop their skills within the industry.

## The programme in brief

- Level 3
- Duration - 18-20 months
- Blended approach to delivery which could include webinars, face-to-face, Skype, telephone and online learning
- Development of the learner's knowledge, skills and behaviour relevant to the job role
- Level 1 and 2 Functional Skills where appropriate
- End-Point Assessment



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## The learner journey

**1. 18-20 months on-programme** – This is when the individual will learn the skills, knowledge and behaviours which will support them for their End-Point Assessment. The learner could partake in a combination of activities, such as classroom-based sessions, mentoring, shadowing, bespoke resources and off-site visits in order to support their learning and development. You will be required to spend at least six hours a week on off-the-job training in order to meet the course requirements.

**2. Gateway** – After the 18-20 months teaching and learning, you, your training provider and the learner will review the learners journey and decide whether it is the right time for the on-programme assessment.

**3. End-Point Assessment** – This is when your learner will need to demonstrate they have learnt the required knowledge, skills and behaviours, through an on demand knowledge test, a professional discussion, practical observation and business project.

## How your employees will learn

We want to help your employees get the most from their training programme. Therefore we will provide them with the support and guidance they need through a mixture of face-to-face and online learning. Learners will have a dedicated Vocational Skills Coach who is there to guide them through their training programme. As well as their Vocational Skills Coach, learners have unlimited access to learning and support materials online. All of this will help the learners to meet the standards set, resulting in them becoming competent and fully qualified.

We will facilitate the delivery of the learners End-Point Assessment through an approved Assessment Organisation registered on the Register of Apprentice Assessment Organisations.

Take a look at our full [Apprenticeship Offer](#)

## What your employees will learn

### Knowledge:

Client profile and analysis; relaxation and stress management; factors influencing wellbeing therapies; suitable holistic principles; sensory perception and wellbeing; managing stress; medically diagnosed conditions; legal and safety requirements; types of holistic treatments; massage mediums and essential oils; contra-indications and precautions; treatment preparation; wellbeing and recovery; equipment and product options; water-based treatments; psychological effects of colour therapy; spa treatments; safe use of equipment and products; pre and post-treatment advice and routines; evaluating wellbeing impact; promotional activities; salon business procedures; continuing professional development (CPD); ageing process and effects on the body; interdependence of anatomical systems; anatomical structure, functions, and pathologies.

### Skills:

Client consultation and communication; regulations and requirements; record management; safe working methods; treatment environments; collaboration with colleagues; adaptation of techniques; selection and application of massage mediums; monitoring client wellbeing during and after treatments; performance of wellness and holistic therapies; customisation for specific health conditions; proper use of products and equipment; advice on environmental and lifestyle factors; problem-solving and referral as needed; identification and reporting of operational issues; post-treatment advice and recommendations; evaluation of treatment outcomes; target achievement and progress tracking; professional development and staying current.

### Behaviours:

Owns their work, proactive and responsible; maintains professional ethics: integrity, respect, empathy, client confidence, confidentiality and discretion; contributes ideas, and acts as an ambassador for the organisation; communicates appropriately, courteous and adapts behaviour in response to each client and situation; proactively manages and maintains own wellbeing.

For more information visit:

[Institute of Apprenticeships and Technical Skills](https://www.instituteofapprenticeshipsandtechnicalskills.co.uk)