

# Action Wellbeing Training



## What is this training about?

Action Wellbeing supports the physical and emotional wellbeing of everyone involved in XR actions. Come to one of our online training sessions and join the crew!

As well as general wellbeing supporters, we also have a team of qualified first aiders, so if this is something you can help with come along!

To find out more about Action Wellbeing and all it involves, check out the [Action Wellbeing section of the Toolkit](#).

## Format

Sessions are held over zoom and last 90 minutes.

## When?

Action Wellbeing Training is usually held in the run-up to large events where Action Wellbeing will be needed.

---

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

If you have any questions, please email us on [\*\*actionwellbeing@extinctionrebellion.uk\*\*](mailto:actionwellbeing@extinctionrebellion.uk)

---