

## Fresh Start Facilitator Training

**Fresh Start** Facilitator Training is a two-day course. It is designed to provide professionals with the information, skills and confidence they need to run **Fresh Start** courses in the workplace or offer cessation support on a one-on-one basis. The training explains **Fresh Start** including how to organise and run a course, and covers health information, cessation theory and motivational interviewing techniques.

<b>Cost</b>	\$200 per person
<b>Suitable for</b>	Professionals with health or education background
<b>Where</b>	Cancer Council Western Australia offices



Cancer Council Western Australia gratefully acknowledges the support of Quit Victoria whose *Fresh Start* course and materials have been adapted for use in Western Australia.

## Helping your staff quit smoking

Offering quit smoking programs in conjunction with a smoke-free workplace policy provides a supportive environment that helps smokers cut down, quit and stay stopped. For tips on how to develop a smoke-free policy or to register for a course contact the **Fresh Start** Coordinator on 9388 4333 or email [freshstart@cancerwa.asn.au](mailto:freshstart@cancerwa.asn.au)

## Helping your staff quit smoking

*Fresh Start* services for the workplace



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**Fresh Start**  
A BETTER WAY TO QUIT

 **Cancer  
Council**  
Western Australia

Having a smoke-free workplace has been proven to greatly increase productivity, reduce absenteeism and lift morale. The Cancer Council Western Australia's **Fresh Start** program can help your workplace offer healthy choices to staff by providing a range of services including seminars, courses and training which are outlined below.

### Fresh Start Workplace Seminar

This 1-hour seminar provides an overview of the **Fresh Start** course. The session covers why people smoke, outlines the benefits of quitting, different quitting methods and products, strategies to avoid smoking, and where to access quit smoking resources and supports.

<b>Cost</b>	\$200 per session
<b>No. of participants</b>	Minimum 6
<b>Suitable for</b>	Staff who smoke
<b>Where</b>	At the workplace

### Fresh Start Course

**Fresh Start** is a course for smokers who want help with quitting. The course comprises eight 1-hour sessions over a four week period. The sessions are conducted by a trained facilitator and provide smokers with the information, resources and support they need to quit smoking and stay stopped.

<b>Cost</b>	\$1300 per group, or \$1100 if a course is booked within 3 months of completing a seminar
<b>No. of participants</b>	Minimum 6, maximum 15
<b>Suitable for</b>	Staff who want to quit
<b>Where</b>	At the workplace



It's time to go smoke-free

### Fresh Start Short Course

This course has been designed for regional or remote workplaces or where a local **Fresh Start** facilitator is not available. The course comprises two 3-hour sessions, held three weeks apart, combined with telephone follow-up between each session. The course is a condensed version of the **Fresh Start** course and is offered as an alternative in cases where time and distance does not allow for delivery of a longer course.

<b>Cost</b>	\$700 per group, plus travel and accommodation costs for the <b>Fresh Start</b> facilitator
<b>No. of participants</b>	Minimum 6, maximum 15
<b>Suitable for</b>	Staff who want to quit
<b>Where</b>	At the workplace