

X-PERT Weight & Wellbeing

A NICE-compliant Tier 2 weight management/lifestyle-focused structured education programme to help people develop the knowledge, understanding and confidence to make informed decisions about their lifestyle leading to improved weight management, health and wellbeing.

Training to become an X-PERT Weight & Wellbeing Educator

Aim

On successful completion of the X-PERT Weight & Wellbeing Educator Course, educators will have the knowledge, skills and confidence to deliver the X-PERT Weight & Wellbeing Programme in accordance with the structured curriculum, supporting participants to make informed, evidence-based lifestyle choices that are appropriate for their individual needs and preferences.

Learning Outcomes: Day 1 (sessions 1-4)

- ☐ Explain the philosophy, evidence base and key principles underpinning the X-PERT Weight & Wellbeing Programme.
- ☐ Facilitate participant-centred discussions that support informed decision-making rather than prescribing a single dietary approach.
- ☐ Explain the role of energy balance, appetite regulation, GLP-1, insulin resistance and goal setting in weight management using plain English.
- ☐ Explain the principles of the dietary approaches included within the programme and support participants to choose an approach that best suits their needs and preferences.
- ☐ Explain the differences between minimally processed and ultra-processed foods and demonstrate how to build healthy meals using the X-PERT resources.
- ☐ Recognise the factors that influence psychological eating and facilitate discussions to help participants identify triggers, manage setbacks and develop practical behaviour change strategies.
- ☐ Demonstrate effective use of the programme resources, digital boards and participant handbook to deliver engaging educational sessions.

Learning Outcomes: Day 2 (sessions 5-8)

- ☐ Explain digestion, nutrient metabolism and the role of carbohydrate, protein and fat in health and weight management using participant-friendly language.
- ☐ Explain the role of insulin and other appetite-regulating hormones in influencing energy use, storage and hunger.
- ☐ Support participants to assess their carbohydrate intake and understand the importance of carbohydrate quality, quantity, fibre and gut health.

- ☐ Explain the different types of dietary fat and support participants to make informed choices based on foods as a whole rather than individual nutrients.
- ☐ Explain the principles, potential benefits and practical application of intermittent fasting, enabling participants to decide whether it is appropriate for them.
- ☐ Demonstrate confidence in facilitating group discussions, responding to participant questions and managing differing opinions while maintaining programme fidelity.
- ☐ Use the X-PERT resources consistently to deliver structured, evidence-based education.

Learning Outcomes: Day 3 (sessions 9-12)

- ☐ Support participants to identify barriers to change, complete a dietary self-assessment and develop realistic plans for maintaining long-term lifestyle changes.
- ☐ Explain the importance of stress management, sleep and physical activity in improving health and supporting long-term weight management.
- ☐ Explain key health markers and support participants to understand how lifestyle changes can improve health outcomes and reduce the risk of long-term complications.
- ☐ Facilitate participant reflection, reinforce key programme messages and support long-term self-management.
- ☐ Demonstrate an understanding of the requirements for implementing the X-PERT Weight & Wellbeing Programme, including participant recruitment, programme delivery, audit and quality assurance.
- ☐ Demonstrate the knowledge, facilitation skills and professional standards required to deliver the X-PERT Weight & Wellbeing Programme safely, consistently and with fidelity.