

MOVE Mentor Resource

What is a MOVE Mentor?



MOVE Mentors are community professionals or trusted community volunteers who already work in community, health, physical activity or support roles.

They:

- Remain employed or are volunteers at their own organisation
- Work within their existing job role and scope of practice
- Use MOVE training to enhance conversations about movement
- Signpost to appropriate services, including MOVE Against Cancer programmes where relevant

Role of a MOVE Mentor

MOVE Mentors use their learning to:

- Have supportive, sensitive conversations about movement with people impacted by cancer
- Direct individuals to health care professionals for any movement based questions
- Share the benefits of movement
- Explore confidence, readiness, barriers and preferences
- Encourage small, meaningful steps
- Signpost to trusted resources and local or national support, or their health care professionals

[Full MOVE
mentor role
description
here](#)

