Figure 1: Purpose of study to explore organisational barriers and enablers to health promotion in line with the Transtheoretical Model of Behaviour Change

- Precontemplation: Staff developing awareness of the importance of health promotion.
- Contemplation: Explore barriers and enablers to health promotion.
- Preparation: Staff engaging in and reinforcing new health promotion practice.
- Action: Staff committing to exercise and healthy diet plans for clients.
- Maintenance: Staff sustaining new health promotion practice.