

Becoming a Living Well *with* Chronic Conditions Workshop Leader

Why should you consider becoming a *Living Well* Leader?

The best Leaders are those who have a passion for helping people live their healthiest lives. If that describes you, you would likely get a great deal of satisfaction from being a program Leader. Most Leaders have chronic health conditions themselves and are successfully using the strategies they have learned through the workshop. Being a Leader reinforces those strategies for you while you are teaching others. And, because you must be connected to a Program Provider organization to be a successful Leader, you support the work and mission of your provider organization and the communities it serves.

Qualifications:

- **Be affiliated with a WIHA Program Provider Organization**
To become a Leader, you need the support of an organization that can help you coordinate and promote your workshops. To learn more about and get help finding a Program Provider Organization, contact Jill Renken at jill.renken@wihealthyaging.org
- **Commit to doing at least 1 workshop each year**
- **Complete the Leader Training**
- **Be enthusiastic, motivating and supportive to the participants in your workshop**

What is the role of the Leader?

Program Leaders facilitate the workshop in pairs. After successfully completing a four-day Leader Training (see below), certified Leaders commit to co-leading the six-week workshop series at least once a year. Leaders may also participate in other volunteer activities to promote and implement the workshop in the community. At the training, Leaders received a binder (called a Leader's Manual). It is the curriculum you will use to lead your Living Well workshop. The curriculum is scripted, meaning it outlines everything you will say and do when you facilitate the workshop series to help participants manage their own health condition.

What will the Leader Training be like?

At the Leader Training, you will learn the skills needed to effectively lead the workshop in your area. Like the workshop itself, the Training is interactive and fun. It takes place over four full days, with break times and lunch. "Master Trainers" deliver the Leader Trainings. They will demonstrate each workshop topic for you. You'll see the 6-week series within the 4-day training (and then some!). We do it like this, so you can be a participant and witness what a workshop is like. In between the activity demonstrations, Trainers will review the curriculum with you and guide you through tips and the skills needed to facilitate the workshop. You'll even get time to practice leading workshop activities in front of your peers during the training. Lastly, you'll meet others from around the state and learn the support systems in place to help you lead your first workshop!

How do you become a Program Leader?

If you are interested in committing to the Leader Training and then leading at least one workshop annually, please watch the orientation video and register online for one of our Leader trainings.

Orientation video: <https://youtu.be/bO4SJHpIXrc>

To find current information on Leader Training, **visit the WIHA website – wihealthyaging.org** and click on **LEADER TRAINING SCHEDULE**.