

ABOUT

Basic Training is an online, modular course designed to:

- Lessen the time of Leader Trainings
- Improve trainee understanding of high-level evidence-based programs
- Improve fidelity
- Provide trainees with background understanding of essential elements



CONTACT US

Learn how to bring Basic Training to your Leader Trainings! Contact us!

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wiha

Wisconsin Institute
for Healthy Aging



Basic Training

Essential Elements for
Facilitation of Evidence-
Based Health Promotion
Programs

MODULES

Course is self-paced and completed by trainees within 2-4 hours

1. **Welcome to WIHA** - An introduction to the Wisconsin Institute for Healthy Aging.
2. **Evidence-Based 101** - What it means to be an evidence-based program including key elements & fidelity.
3. **Behavior Change Theories and Principles** - Covers basic theories and principles of behavior change used throughout evidence-based programs as well as principles of adult learning.
4. **Group Work** - how to work with different participant and conflict styles.
5. **Facilitating vs Teaching** - The difference between facilitating and teaching and how facilitation promotes behavior change.
6. **Methods of Instruction** - Background knowledge to trainees on the methods of instruction used in programs.

7. **Planning Your Workshop** - Describes the process of starting a workshop - from building partnerships and developing a team to recruiting.
8. **Overview & Next Steps** - What to expect from the upcoming Leader Training and what ongoing support WIHA offers.

FEEDBACK

From trainees:

- Concise & well-organized
- Self-paced
- Interactive
- Explains in very easy terms

From Master Trainers:

- Improved confidence of trainees
- Materials “click & resonate” much faster
- Allows more time for practicing vs explaining

LICENSING

Licensing is based on whether the course will be used for a WIHA program or a non-WIHA program and who the licensee chooses to manage the course; either to self-manage or have WIHA manage.

To learn more about fees, please contact us.