**Becoming a Healthy Living with Chronic Pain**
**Workshop Facilitator**

**Why should you consider becoming a Healthy Living with Chronic Pain Facilitator?**
The best facilitators 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 facilitator. Most facilitators have chronic health conditions themselves and are successfully using the strategies they have learned through the workshop. Being a facilitator reinforces those strategies for you while you are teaching others. And, because you must be affiliated with a Program Provider organization to be a successful facilitator, 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 facilitator, 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 2 workshops each year**
* **Complete the** **Facilitator** **Training**
* **Be enthusiastic, motivating, and supportive to the participants in your workshop**

**What is the role of the facilitator?**
Program facilitators facilitate the workshop in pairs. After successfully completing the facilitator training (see below), certified facilitators commit to co-facilitating the six-week workshop at least twice each year. Facilitators may also participate in other volunteer activities to promote and implement the workshop in the community. The facilitator follows a structured workshop outline that builds the confidence of participants to manage their own health condition.

**What will you learn at Facilitator Training?**
At facilitator training, you will learn the skills you need to effectively lead the workshop. Like the workshop itself, the facilitator training is interactive and fun. The in-person training takes place over four full days, with time for breaks and lunch. Generally, it is offered two days one week, and then two days the following week. The virtual training takes place over six and a half weeks, meeting 2.5 hours, two days a week. Facilitators must attend all sessions of the facilitator training. “Master Trainers” deliver facilitator training. These trainers are experienced workshop facilitators who have received further training to become Living Well Master Trainers.

**How do you become a Program Facilitator**
If you are interested in committing to the facilitator training and then leading at least two workshops annually, please register online for one of our facilitator trainings.

To find current information on facilitator training, training applications, webinars, and other requirements for becoming a WIHA Program Facilitator, **visit the WIHA website – wihealthyaging.org** and click on **FACILTITATOR TRAINING SCHEDULE**.