

Becoming a Self-Management Resource Center Program Facilitator – Living Well with Chronic Conditions

Why should you consider becoming a Living Well workshop 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 Leaders 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 connected to 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 (Wisconsin Institute for Healthy Aging) 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 1 workshop each year**
- **Complete the Facilitator Training**
- **Be enthusiastic, motivating, and supportive to the participants in your workshop**

What is the role of the Living Well Facilitator?

Living Well facilitators lead the Living Well workshop in pairs. After successfully completing a four-day Facilitator Training (see below), certified facilitators commit to co-leading the six-week workshop series at least once a year. Facilitators may also participate in other volunteer activities to promote and implement the workshop in the community. At the training, facilitators received a binder (called a Facilitator's Manual). It is the curriculum you will use to lead your 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 Living Well Facilitator Training be like?

At the Living Well Facilitator 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" delivers the Facilitator Training. They will demonstrate each workshop topic for you. You will 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 will even get time to practice leading workshop activities in front of your peers during the training. Lastly, you will 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 Living Well Facilitator?

If you are interested in committing to the Living Well Facilitator Training and then leading at least one workshop annually, please watch the orientation video and register online for the Living Well Facilitator Training.

Orientation video list: <https://youtu.be/OH1NIUZPir0>

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