

# Living Well for Better Health

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## Volunteer Leader Training

### Become a workshop leader to help others learn new tips for healthy living

(see workshop description & qualifications on reverse side)

- Make a difference in your community.
- Gain satisfaction from helping others.
- Develop professional skills for jobs or volunteer positions.
- You don't need to be a health professional to become a leader.



#### For more information and to register:

Contact Tina DeRaps at Spectrum Generations at (207) 620-1657 or [tderaps@spectrumgenerations.org](mailto:tderaps@spectrumgenerations.org)

Four day training

**October 21, 22, 28, 29**

9:00 am – 4:00 pm

Must be able to attend all dates.

**Cohen Community Ctr.  
22 Town Farm Road  
Hallowell, Maine**

Deadline to register is October 14th

#### What is Living Well for Better Health?

- Living Well is an award-winning, self-management program for people with ongoing health conditions that is proven to lower costs and improve health outcomes.
- Topics include dealing with symptoms, nutrition and exercise, communication and weekly action plans.
- Participants meet for 2 1/2 hour workshops once a week for six weeks.



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*"I have seen it work. It is hugely satisfying to hear people say „Thank you, this is exactly what I needed“... and teaching others keeps me honest and doing what I need to do for my own health.” ~ Priscilla Platt, Leader*

## **Living Well Workshop**

During the six-week workshop (2 1/2 hours each week), leaders guide others to finding practical ways to:

- Deal with pain and fatigue
- Discover better nutrition and exercise choices
- Learn better ways to talk with their doctor and family
- Develop weekly action plans

## **Leader Characteristics & Qualities**

The Living Well Leader is vital to the success of the program and works in conjunction with the Living Well coordinator and other local Living Well Leaders. As a team, two leaders co-facilitate the 6-week Living Well workshop after completing the 4-day training.

### **Leader Characteristics and Qualities**

- Have a chronic condition or support someone with a chronic condition.
- Understand the importance of self-management.
- Able to participate in four day training.
- Agree to present workshop materials exactly as instructed in leader training.
- Ability and agreement to function as a lay co-leader, putting credentials aside.
- Contract to co-facilitate 1 or more workshops (6 sessions) within the next 12 months.
- Commitment to supporting individuals attending the workshop as self-managers.
- Enthusiasm for and commitment to the program.
- Comfortable facilitating and speaking in front of groups, if only minimally.
- Good listener.
- Ability to allow group ownership of workshop, non-controlling.
- Flexible, ability to team-lead.
- Physically able to do leader training (32 hours), plus travel time.
- Reliable transportation to leader-training and weekly sessions.
- Physically able to lead the full 6 workshop sessions (2.5 hours per session)