

# Living Well for Better Health

## 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.



### Four Day Training

**September 15, 16, 22 & 23, 2016**

9:00 am – 4:00 pm

Must be able to attend all dates.

**Thayer Center for Health  
149 North Street  
Waterville, Maine**

To Register, or for more information,  
Contact Jennifer Fortin at  
(207) 620-1657  
Jfortin@spectrumgenerations.org

### 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.



Spectrum Generations is an Equal Opportunity Provider. If you require special accommodations, including language, translation, etc. Please notify us at least two weeks prior to the event.

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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)