

Position Description – *Healthy U*Lay Leader Area Agency on Aging, PSA 2

Two trained leaders facilitate Healthy U workshops, modeling skills and activities in strict adherence to the training manuals provided. Leaders focus on *process* – helping create a sense of connection between group members and leaders to create a safe and optimum environment of mutual learning and support.

MINIMUM REQUIREMENTS

- Successfully complete the required leader training – required 4-day core training in the chronic disease self-management program, and optional 2-day cross training in the diabetes and/or chronic pain self-management programs.
- Facilitate a minimum of two workshops per calendar year. Each workshop includes six weekly sessions that last 2-2.5 hours. Leaders are paid a stipend of \$25/session (maximum \$150 total) upon submission of workshop paperwork, subject to continued funding from the Ohio Department of Aging.
- Strictly adhere to content and timeframes outlined in the training manual. Leaders are not permitted to introduce additional content or materials that are not part of the program.
- Physically able to manage distribution/set-up of workshop materials and classroom set-up as needed.

IDEAL ABILITIES/VALUES OF A LEADER

- Believes in the Healthy U program and its benefits.
- Demonstrates a caring, respectful, and compassionate attitude toward all people.
- Able to communicate successfully with a variety of individuals in different environments.
- Respects participant confidentiality.
- Able to work comfortably with groups, to read aloud and follow a script, and to write clearly on charts.
- Possesses good listening skills and is respectful of differing opinions.
- Able to guide discussions non-judgmentally.
- Able to encourage others and be optimistic about a person's ability to make step-by-step changes.
- Willing to share some personal information and experience with the group.
- Dependable and on time.