

# HEALTHY U NEEDS LEADERS

## Help your community thrive! Train to be a Healthy U Leader.

Healthy U is an evidence-based program that empowers participants to make decisions and set individual goals that enhance their well-being and improve their health. Join our team of committed, caring leaders and make a difference in your community.



### Next Leader Training

June 16, 17, 23, and 24—9 am to 4 pm

Round-trip mileage to the Dayton training site is reimbursed after training. Lunch is provided.

*We offer workshops in Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, and Shelby Counties.*



Sponsored by the Area Agency on Aging

See reverse side for leader requirements. For questions or to apply for training, contact Ann Finnicum.

937-341-3020 or 800-258-7277  
afinnicum@info4seniors.org

# Healthy U Lay Leader Area Agency on Aging, PSA 2

Two trained lay 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.
- Accept a minimum of two workshop assignments per calendar year. Each workshop includes six weekly sessions that last 2 to 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. Leaders are not permitted to sell any product before, during, or after the workshop.
- 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.