

Help People to Thrive – Become a Healthy U Leader

Join our team of committed, caring leaders and make a difference in your community. Healthy U is an evidence-based program empowering participants to make decisions and set individual goals toward enhanced well-being and improved health.

No teaching experience is required. The most effective leaders are people who live with their own health concerns and therefore have empathy and compassion for others' struggles. Consider sharing your caring to help others feel less alone and more in-control of their health.

Leader Training:

December 11, 12, 19 & 20, 2019
Aullwood Audubon Farm,
9101 Frederick Pike, Dayton

All workshop materials are provided and lunch is included each day. Round-trip mileage to the training site is reimbursed upon training completion.



**Healthy U Leaders
help people to
improve their
quality of life.**

**Healthy U Leaders
make a
difference
in their
communities!**

**Healthy U Leaders
are just about
the best
people you ever
want to know!**

See reverse side for
leader requirements.

For questions or to
apply for training,
contact:

Karin Nevius,
(937) 341-3001 or
800-258-7277
knevius@info4seniors.org

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 when offered.
- **Accept a minimum of one workshop assignment per calendar year for each program in which you are trained.** Each workshop includes six weekly sessions that last 2 to 2.5 hours. Leaders who execute an agreement with the agency 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.** (Materials are one box of books approximately 25#, one box or bag of CDs and folders, one large vinyl zippered portfolio containing the charts, two easels.)

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 of 10 to 20 people, 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.