



## Healthy U Leader Trainee Application

Thank you for your interest in Healthy Living. If you would like to be considered for our March 2025 leader training, **please return this form by February 10, 2025**. The training is scheduled in Urbana, Ohio (mileage reimbursed) on March 3, 4, 5 and 6, 2025 Leaders must attend all four training days (9:00 am to 4:00 pm).

**Date:**

**Name of Candidate:**

**Employer (if applicable):**

**Mailing Address:**

**Preferred phone number:**

**Alternate phone:**

**Email:**

**Best way & time to contact me:**

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**Introduction:** Healthy Living is an evidence-based program originally developed by Stanford University and currently licensed by the Self-Management Resource Center (SMRC). We offer three workshops in our nine-county region: chronic disease, diabetes, and chronic pain. Leaders are trained in the chronic disease self-management workshop initially, and may be considered for 2-day cross-training in diabetes and chronic pain when offered.

Each Healthy Living course consists of six 2.5-hour workshops. These workshops meet one time per week for six consecutive weeks. Each workshop is facilitated by two trained leaders, one or both of whom may have a chronic condition or care for someone with a chronic condition. They are small group workshops with a minimum registration of 8 and a maximum of 20.

Healthy Living leaders are trained by Master Trainers, who are individuals certified by SMRC to train new leaders and provide support, technical assistance and oversight to ensure the program is conducted as it was designed and proven to be effective (program fidelity).

### Some Questions for You:

*Please type your answers on this form or use a separate page for handwritten answers.*

1. Have you been a participant in a Healthy Living workshop?

2. Why do you want to be trained as a Healthy Living leader?

3. Our leaders generally have chronic conditions or have been a caregiver for someone with chronic conditions (for example arthritis, diabetes, heart disease, hypertension, anxiety, COPD, etc.) Does this apply to you? If so, please describe. If not, how do you relate to people with chronic conditions?

4. Do you have experience leading or facilitating groups? If so, please explain.

5. Do you have experience working with a variety of people with different educational levels, cultures, and physical or mental challenges? If so, please describe.

6. Do you see any barriers or challenges to being a leader (e.g., energy, time, transportation, availability, chronic condition symptoms, hearing or visual limitations, ability to lift/transport workshop materials and set up room/materials)? If so, please describe.

7. If selected, you would be required to attend a 4-day training course, co-lead your first workshop within 9 months after training, and co-lead at least one workshop annually after that. Do you see any barriers to this? If so, what?

8. We serve the following nine counties: Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, and Shelby. Leaders are paid a small stipend of \$50/workshop session presented (six sessions total). When an assignment is accepted outside your home county to co-lead in an underserved county, mileage is reimbursed at the current IRS rate. In which of our counties would you be willing to lead workshops?

9. Leaders with extremely limited availability may not be able to maintain active leader status. When are you generally available to lead workshops (weekday mornings, weekday afternoons, weekday evenings, weekend mornings, weekend afternoons)? Are there months of the year when you are unable to lead workshops?

10. Do you agree to the following program fidelity guidelines?

Program Fidelity – It is the responsibility of all Program Coordinators, Master Trainers, and Leaders to strive to maintain program fidelity and integrity. The Healthy Living program is heavily scripted, meaning your presentation is read out loud or paraphrased. It is critical to fidelity and for legal and liability reasons that leaders not share personal advice. However, leaders do facilitate experience-sharing by participants during designated activities, and share their own experiences during certain activities. A leader does not change the program in any way by bringing in speakers, revising the

course activities, or selling or promoting products or services during workshops. Leaders do not present themselves as health experts (even if they are), but may suggest appropriate resources for additional information on topics discussed during the workshops. Participants are referred to their health care providers for questions not covered in the workshop. Leaders share workshop responsibilities with their co-leader and serve as role models when it comes to self-management.

11. Please include any additional information about your qualifications.

12. Do you have any questions about Healthy Living, your role as a workshop leader, or the minimum requirements and ideal abilities/values outlined on the Healthy Living Leader position description?

**Return by email, fax, or USPS to:**

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Healthy U Master Trainer  
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937-341-3005 (fax marked to Karin's attention)

**Deadline: February 10, 2025**