



# Self-Management *British Columbia*

Enjoy a rewarding and fulfilling experience! Join our team of Self-Management program leaders  
*put life back in your life*

## CONTACT US

### COMMUNITY SELF-MANAGEMENT PROGRAMS

# Become a Volunteer Leader



## Program Information

Self-Management Programs were developed and evaluated by Stanford University and have been implemented in 26 countries.

The programs are available throughout BC and are supported by the BC Ministry of Health.

Pairs of trained volunteer leaders deliver the workshop to groups of 10-16 people, once a week for 2 ½ hours for six weeks.

People who take the program demonstrate significant improvements in: exercise, cognitive symptom management, communication with health care providers, self-reported general health, health distress, fatigue, disability and social/role activity limitations.



Looking to become a volunteer? Join our team!  
Contact us to register for the next four-day Leader Training Series in your community and become a volunteer leader.

**1-866-902-3767 Toll Free**  
**604-940-1273 Lower Mainland**  
**selfmgmt@uvic.ca**  
**www.selfmanagementbc.ca**



Self-Management BC is supported by the Province of British Columbia.



To order additional brochures call: 1-866-902-3767 • Printed July, 2016



# KNOWLEDGE+SKILLS+CONFIDENCE

As a Leader, you will:

- Learn effective self-management strategies that help people manage their health
- Learn how to co-lead a group program to teach these strategies to others
- Contribute to the well-being of others
- Gain skills and confidence in managing your health
- Receive ongoing encouragement and support from program staff
- Have opportunities to participate in professional development

What our volunteer leaders are saying

*"I believed so strongly in the material, I wanted to share these ideas with others. Being a leader helps me to continue using the skills and always re-motivates me. I feel so lucky to be a part of this program."*

*"I enjoy teaching the workshops, interacting with the participants and seeing the results being so beneficial on completion."*

## How do I become a Leader?

- 1 Complete the online application at [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)
- 2 Complete a **FREE** four-day Leader Training workshop
- 3 Co-lead a six-session workshop in the year following the training



OVER 30,000 BRITISH COLUMBIANS HAVE TAKEN A SELF-MANAGEMENT PROGRAM