



BECOMING A SELF-MANAGEMENT PROGRAM VOLUNTEER LEADER

Thank you for your interest in becoming a Self-Management Program Leader.

Self-Management Programs are 6 session workshops led by pairs of Program Leaders for 2 ½ hours once a week for six weeks. Leaders deliver the program following a Leader Manual which uses a user-friendly process. It is not a sit and listen program but is highly interactive with lots of group discussion and problem-solving. The program is designed to build participants' confidence and motivation to better manage their symptoms and take action toward living healthier lives. Most leaders have chronic conditions themselves or have understanding of the day to day challenges those living with chronic conditions might experience.

Becoming a certified Self-Management Program Leader is a **two-step process**.

- The first step is to complete a 4-day Leader-Training. In the training you will learn about the various topics, observe how the program is delivered, learn several group facilitation skills and importantly, you will have opportunities to practice. There is no cost to participate in this training.
- The second step in becoming a certified Program Leader is to co-lead a Self-Management Program with another Leader within a 6-month period following the training. Then, to maintain an active leader status, you would need to deliver at least one workshop per year.

Each Leader receives an honorarium of \$60 each time he/she delivers a program. Workshop groups are small, usually 10 - 12 persons, with adults of all ages experiencing a wide range of chronic conditions.

As a volunteer Program Leader you will have the additional benefit of learning self-management and leadership strategies which can be transferred to other areas of your life. **Please share this information with other individuals or organizations that might be interested in this opportunity. Thank you!**

For information about workshop dates and locations:

Lower Mainland 604 940-1273 | TOLL FREE 1 866-902-3767

www.selfmanagementbc.ca | selfmgmt@uvic.ca