

## Well Connected Community Master Wellness Volunteer Training



The Well Connected Community Master Wellness Volunteer training program offers a self-paced online training for individuals interested in becoming health change agents in their community. The training is set up in two parts: a core component and a content specific track component.

The training is as follows:

<p><b>Module 1: Setting the Stage:</b>  <b>Weeks 1 and 2; April 26<sup>th</sup> and May 3<sup>rd</sup> (self-paced online)</b></p> <ul style="list-style-type: none"> <li>• Training Overview/Accessing information</li> <li>• What is a Culture of Health?</li> <li>• Creating a Culture of Wellness</li> <li>• Social Determinants of Health</li> <li>• Diversity and Inclusion</li> <li>• Health Equity</li> <li>• Google Goggles</li> <li>• Understanding Data</li> </ul>
<p><b>Setting the Stage: Case Study (Zoom live session)</b></p>
<p><b>Module 2: Working Together for Behavior Change:</b>  <b>Weeks 3 and 4; May 10<sup>th</sup> and May 17<sup>th</sup> (self-paced online)</b></p> <ul style="list-style-type: none"> <li>• Health Behavior Change</li> <li>• Policy, Systems and Environmental Change</li> <li>• Health Impact Pyramid</li> <li>• Socio-Ecological Model</li> <li>• Youth and Adult Partnerships</li> <li>• The Essential Elements of Youth Development</li> </ul>
<p><b>Working Together for Behavior Change Case Study (live Zoom session)</b></p>
<p><b>Module 3: Basics for Master Wellness Volunteers:</b>  <b>Weeks 5 and 6; May 24<sup>th</sup> and May 31<sup>st</sup> (self-paced online)</b></p> <ul style="list-style-type: none"> <li>• Public Speaking</li> <li>• Marketing for Master Wellness Volunteers</li> <li>• Exercise Recommendations</li> <li>• Chronic Disease</li> </ul>
<p><b>Basics for Master Wellness Volunteers: Case Study (live Zoom or in-person session)</b></p>
<p><b>Module 4: Track Content</b>  <b>Weeks 7 and 8; June 7<sup>th</sup> and June 14<sup>th</sup> (self-paced online)</b></p>
<p><b>Track content: Shadowing/field experience (in-person)</b></p>