



7 Weeks Virtual Leader Training Course

Once a week for 7 weeks. Each session is 2.5 hours. You will receive an accompanying book, [Living a Healthy Life with Chronic Conditions.](#)

Open to anyone who:

- are interested in facilitating virtual workshops with scripted manual
- feel comfortable offering a workshop in a virtual format
- want to help people to feel more in control and build their self-confidence to manage their health

In addition to the virtual training, we will give you a small homework each week.

- By the end of the training, attendees will be able to
 - Conduct a virtual CDSMP, DSMP, and/or CTS workshop.
 - Understand the concept of self-efficacy.
 - Use brainstorming, problem-solving, decision-making, and making action plans to enhance self-efficacy.

Expectations:



- Offer one workshop (6-week course) per year for at least 2 years.
- Work closely with the Trainer who offered you the training.

For more info:

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Supported by Hawaii Healthy Aging Partnership

