Qualifications to be a leader for our Living Well programs:

• Have experience in managing ongoing health conditions
• Attend a 6-week workshop, either in person or online.
• Read, write, and speak the language of the workshop participants
• Be literate in the language in which you’re going to facilitate (this means that you must read well at about a 10th grade level)
• Be able to attend all 4 days of training and successfully complete 2 practice teachings during training

Leader requirements:

Minimum requirements to become and remain certified as a leader:

• Adhere to the curriculum (also includes appropriate presentation of charts)
• Facilitate group contributions particularly in the following types of activities:
  • Brainstorming
  • Action plan formulation
  • Action plan feedback
  • Problem-solving
  • Decision-making
• Handle difficult group dynamics and problem participants effectively
• Speak comfortably in front of a group
• Speak effectively with a firm but nonauthoritative tone and moderate volume. Accents are fine as long as pronunciation and enunciation is clear to most.
• Not judge people or the choices they make in their lives
• Model activities appropriately
• Stick to time and agendas
• Listen and incorporate feedback given by master trainers
• Work cooperatively with co-leader
• Be consistently respectful to co-leader and participants
• Commit to leading one 6-week Living Well series per year
• Continue to practice self-management skills and be as healthy as possible

continued ▷
Additional information:

- All workshops are facilitated by 2 leaders (one or both should have an ongoing health condition).
- Trained leaders should plan to attend in-services and skill-building refreshers offered throughout the year.
- An honorarium is paid for each 6-week workshop.
- Timely and consistent communication with leader coordinator is required.

Beliefs underlying the Living Well programs:

- People strive for order and control in their lives.
- Order and control are usually sought within a social context.
- Given knowledge and structure, people usually make good choices for their own life situation. (We can trust them to self-tailor.)
- Adult learners bring to any new experience all their past experiences and knowledge.
- People are experts in their own lives and that no one else has this distinctly individual expertise.
- Self-management is complex and includes:
  - medical management
  - role management
  - emotional management
- It is generally easier to add a new activity than to stop or cut down on an activity.
- The precursor to behavior change is the confidence that one can make that change. Based on this belief, all Stanford Programs are based on Self-Efficacy theory and systematically use this theory throughout the programs to enhance confidence (self-efficacy).
- When assisting with behavior change it is better to make small if imperfect changes rather than to insist on ideal changes.