

Whole Health Action Management Peer Support Training

WHAM Two-Day Training

Agenda

Day 1

8:30 am – 9:00 am	Sign In and Continental Breakfast
9:00 am – 12:00 noon with mid-morning break	Welcome, Introductions and Overview <ul style="list-style-type: none"> • Ten Health and Resiliency Factors • A Person Centered Planning Process • Five Keys to Success
	The Science of Stress <ul style="list-style-type: none"> • The Stress Response • The Relaxation Response • Stress Management
	Why do you Want to Improve your Health? <ul style="list-style-type: none"> • Healthy Eating • Physical Activity • Restful Sleep
	The Power of Human Connections <ul style="list-style-type: none"> • Service to Others • Support Network
12:00 noon – 1:00 pm	Lunch
1:00 pm – 4:00 pm with mid-afternoon break	The Importance of Attitude <ul style="list-style-type: none"> • Optimism Based on Positive Expectations • Cognitive Skills to Avoid Negative Thinking
	Connecting with that Which is More than Self <ul style="list-style-type: none"> • Spiritual Beliefs and Practices • A Sense of Meaning and Purpose
	Demonstrating Some Practical Screening Tasks <ul style="list-style-type: none"> • Health Risk, Screening and Shared Decision-making • Blood Pressure • Cholesterol • Blood Glucose • HIV • Hepatitis C • Shared Decision-making • Health Screening Resources

Day 2

8:30 am - 9:00 am	Continental Breakfast
9:00 am – 12:00 noon with mid-morning break	Key to Success 1: Setting an Overall Health/Resiliency Goal <ul style="list-style-type: none">• Review and Prioritization• Setting a Person Centered Goal• Applying the IMPACT Criteria
	Keys to Success 2 & 3 <ul style="list-style-type: none">• Weekly Action Plan• Daily/Weekly Personal Log
	Keys to Success 4 & 5 <ul style="list-style-type: none">• One-to-One Peer Support• Peer Support Group
12:00 noon – 1:00 pm	Lunch
1:00 pm – 3:30 pm with mid-afternoon break	Delivering WHAM locally <ul style="list-style-type: none">• Reviewing the Training Materials• Role-playing• Evaluation• Testing
	Exploring Barriers and Supports
	Final Reflections & Next Steps