

Living a Healthy Life with Diabetes

VIRTUAL PEER LEADER TRAINING

Do you have Diabetes, or care for someone with diabetes?

Are you looking for ways to stay healthy, and contribute to the health and well-being of others?

If so, we have a volunteer opportunity for you!

The Self-Management Program, Central East are seeking Peer Leaders to lead our virtual Diabetes Self-Management workshops.



In order to become a Peer Leader, the following steps are:

1. Submit an application by Friday November 12th: www.ceselfmanagement.ca/volunteer
2. Meet with a member of the team for a virtual/online interview
3. Attend training (dates below)

Cost: Free (Costs covered by the Self-Management Program Central East)

Dates: Every Tuesday and Thursday from January 20th through to March 3rd, 2022 (13 days)

Time: 9:00 am - 11:30 am

Location: Online Training via Zoom

Who would be a good Peer Leader?

The program is looking for people with the following skills and experience:

- Strong facilitation and leadership skills
- Empathetic
- Understand the challenges of living with a diabetes
- Desire to help others
- Willingness to learn new skills and be a healthy role model

What are the benefits of becoming a Peer Leader with the program?

The program has a long-standing base of people who have been leaders. Often leaders report:

- Feeling more connected to their community
- Satisfaction in knowing that they have helped others make a positive change
- Enhance own skillset
- Support others to learn more about their condition and how to manage it
- Learn or reinforce strategies that may benefit their diabetes management
- Peer Leaders will receive an honorarium for each workshop session they deliver (does not apply to staff that are leading on work time)

Requirements for this training and to lead virtual workshops:

- Your own stable, fast, internet connection
- Your own computer and webcam
- After successful completion of the training, Peer Leaders are required to facilitate two Virtual Diabetes Self-Management workshops with another Peer Leader before being certified. Certification is for the virtual platform only.