

Healthy Living:
Self-Management of Chronic Conditions Program
Lay Leader and Trainer Roles

T-Trainer

- Mentored by Stanford
- Train Master Trainers

Master Trainers

- 4 ½ day training led by 2 T-Trainers
- Certified through Stanford after facilitating 2 workshops
- Train Leaders – 1 training per year
- May facilitate workshops
- May assist in fidelity monitoring

Lay Leaders*

- 4 day training led by 2 Master Trainers
- Facilitate workshops**
- Preferably peers with chronic conditions
- May be volunteers or staff, usually not health professionals***

* Lay Leaders are the foundation of Healthy Living Workshops and the majority of training resources focus on this area.

** Lay Leaders may choose to train as Master Trainers if the option becomes available. Trainees must attend all 4 ½ days of Master Training in order to be certified, regardless of training received in the past.

*** Contact the AZ Living Well Institute for additional materials for identifying appropriate Lay Leaders.