

Certification of Healthy Living Leaders

The Arizona Living Well Institute (AZLWI) at Empowerment Systems, Inc. is the statewide hub for Stanford University’s Chronic Disease Self-Management Education (CDSME) programs. In Arizona, we refer to CDSME as Healthy Living because the workshops address more than just chronic conditions. Virtually every aspect of healthful living is considered in our multi-dimensional approach to wellness. The AZLWI system is aimed at promoting and expanding Healthy Living programs across Arizona. The system is comprised of several components including: a consortium of partner organizations involved in the delivery of workshops, Community Referral Network, workshop scheduling, delivery and evaluation, and training, certification, mentoring, and tracking of Healthy Living Leaders. This guideline is to outline how Healthy Living Leaders are trained and certified through the AZLWI.

1. Potential leaders attend an in-person 4-day leader training. Master trainers determine if the potential leader has passed the training.
2. After successful completion of the training, the Healthy Living Leader completes the online survey and receives the Healthy Living Leader Certificate.
3. Within 12 months from training date (the last day of their training), Healthy Living Leaders must facilitate at least one 6-week workshop (all six 2.5-hour sessions).
 - a. During this workshop, a fidelity check must be done by a Master Trainer.
4. To maintain active certification, Healthy Living Leaders must facilitate at least one workshop and one Fidelity check every 12 months, using the last day of their training as their Anniversary Date.
5. Healthy Living Leaders must attend Update Trainings that are developed by Stanford, if necessary.
6. A Healthy Living Leader contact form must be submitted to the Arizona Living Well Institute annually.

