



BECOMING A SELF-MANAGEMENT PROGRAM VOLUNTEER

Thank you for your interest in becoming a Self-Management Program Volunteer. The information below provides a brief overview of the volunteering opportunities with our organization:

Self-Management Group Programs	Health Coach Program
Group programs virtually or in-person	Telephone support from home
2.5 hours once a week for 6 weeks	30 minutes once per week for 13 weeks
Follow Leader’s Manual	Participant sets health change goal
Adult education setting	Listen and guide approach
Resource book provided to participants	Resource book provided to participants

Many of our volunteers have chronic conditions themselves or have understanding of the day to day challenges those living with chronic conditions might experience.

Please note that all candidates for English language programs must be proficient in speaking and reading English as these are standardized programs.

Becoming a certified Self-Management Group Program Leader or a Health Coach is a **two-step process**. For more details please view our website or contact our offices.

Each volunteer receives an honorarium for delivering a group program or is matched with a participant for the Health Coach program.

As a volunteer you will receive the benefit of learning self-management and leadership strategies which can be transferred to other areas of your life. **Please share this information with other individuals or organizations that might be interested in this opportunity. Thank you!**

Lower Mainland 604 940-1273 | TOLL FREE 1 866-902-3767
www.selfmanagementbc.ca | selfmgmt@uvic.ca

Self-Management BC is supported by the Province of British Columbia