



COMPARISON OF VOLUNTEER OPPORTUNITIES AT SELF-MANAGEMENT BC

Self-Management Group Programs	Health Coach Program	Frailty Coaching Program
Group programs, virtual and/or in person	Telephone support from home	Telephone support from home
2.5 hours once per week for 6 weeks + preparation time	30 minutes once per week for 13 weeks + preparation time for each call	30-45 minutes once per week for 13 weeks + preparation time for each call
Follows scripted Leader’s Manual	Participants learn about self-management strategies to support themselves in achieving health goals	Participants learn about the AVOID strategy that slows down and/or prevents progression of frailty
Adult education setting	Listen and guide approach	Educate and guide approach
Resource book provided to participants	Resource book provided to participants	Resource book provided to participants

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

Each volunteer receives an honorarium for delivering a Self-Management group program or for being matched with a participant for the Health Coach or Frailty Coaching program.

As a volunteer you will receive the benefit of learning self-management and leadership or coaching strategies which can be transferred to other areas of your life.

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