

"A friendly hand"

HEALTH AMBASSADOR TRAINING



Duration:
**4 sessions of 3 hours
and 8 hours of
practice**

Registration process

1. Sign up
 - tinyurl.com/embajadore_sdesalud
2. Interview: to find out your interest in the program
 - Once we receive your registration, we will contact you for a virtual or telephone interview.
3. Take the course: "A Helping Hand"

**Office Vuela for Health
(3532 Franklin St Suite J,
Denver, CO 80205)**

Training for people seeking to become Health Ambassadors. To be a link between the community and the resources available to our community. During the 20-hour course, divided into 4 sessions of 3 hours, and 8 hours of practice; you will be given tools to get to know yourself, get to know the other person and take action.

Some of the topics that are part of this course are:

- **KNOWING YOURSELF**
 - Role of a Health Ambassador
 - Values and skills of an Ambassador
 - Identity, colorism and classism
 - Listen to our feelings
 - Self empathy
 - Understanding my brain
 - Self-regulation vs. Self-control
 - Regulation and deregulation
 - Types of stress
- **KNOWING THE OTHER PERSON**
 - Prejudice
 - Empathy vs sympathy
 - Phases of change
 - Communication model
 - Learning styles
 - Motivational interviewing
 - Communication skills
- **FOLLOW UP**
 - Feedback
 - Strengthen communication techniques
 - Stages of change
 - Health Training Opportunities
- **TAKING ACTION**
 - Decision making
 - Ethics
 - Strengthening motivation for change
 - SMART Goals
 - OPO technique
 - One-on-one intervention

SPACE IS LIMITED, SO
WE ARE LOOKING FOR PEOPLE WITH:

- Commitment and possibility to complete the course.
- Interest and dedication to develop leadership characteristics and skills to support the community.
- Passion for working with the community

**Free sessions
in Spanish**

Call us for more information 720-400-2868

or to register

Free sessions in Spanish

Limited space



Follow us on Facebook: Vuela por Salud



Embajadoras

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ROSE COMMUNITY
FOUNDATION