"A friendly hand"

HEALTH AMBASSADOR TRAINING

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

- **TAKING ACTION**
  - Decision making
  - Ethics
  - Strengthening motivation for change
  - SMART Goals
  - OPO technique
  - One-on-one intervention

- **FOLLOW UP**
  - Feedback
  - Strengthen communication techniques
  - Stages of change
  - Health Training Opportunities

**Registration process**

1. Sign up
   - tinyurl.com/embajadoresdesalud
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)

Call us for more information 720-400-2868
or to register
Free sessions in Spanish
Limited space

Follow us on Facebook: Vuela por Salud

This project is financed by:

[ROSE COMMUNITY FOUNDATION]