

# Whole Health Action Management **FACILITATOR TRAINING**

Whole Health Action Management (WHAM) training is a peer-led opportunity for people with chronic physical and behavioral health conditions to collaborate and develop person-centered health plans based on 10 science-based factors. As a train-the-facilitator program, participants are also instructed on how to be a WHAM facilitator and equipped with the tools needed to take the training back to clients and peers. Through facilitated group sessions focused on setting strengths-based whole health goals, participants learn to:

**DESIGNED FOR PEER PROVIDERS**

- Identify strengths and supports in 10 science-based whole health and resiliency factors
- Write a concise whole health goal based on person-centered planning
- Create and log a weekly action plan
- Participate in peer support to create new health behavior
- Elicit the Relaxation Response
- Engage in cognitive skills to avoid negative thinking
- Prepare for basic whole health screenings
- Use shared-decision making skills and tools for engaging with doctors



St. Elizabeth Foundation  
Nebraska Heart Foundation

**DATE: February 25 & 26, 2019**

**TIME: 8:30am - 4:00pm**

**LOCATION: Community Health Endowment  
250 N 21 St, Ste. 200 Lincoln, NE**

**To Register:** Email [Laura@ClairrantPartners.com](mailto:Laura@ClairrantPartners.com) or call 402-672-3216

