

# **Take Control of Your Health: Chronic Disease Self-Management Program**

## **Peer Leaders: Overview of the Observation Visit by a Master Trainer**

### **Standard**

Peer Leaders will be observed at least once, during the first workshop they co-lead, by a Master Trainer.

### **The Purpose**

The purpose of the Peer Leader observation is to support the Peer Leader and share ideas to ensure fidelity. It is an opportunity to strengthen the Peer Leader model and to maintain quality of the Take Control of Your Health program.

### **The Process**

- The workshop checklist details all aspects of the 6-week program. It is a step-by-step guide for delivering the program and will be used to conduct the observation. The MT will send the Peer Leader the workshop checklist summary sheet and the specific page for the session being observed.
- Prior arrangements will be made for the Master Trainer to attend a specific session. Plan for additional time to review the summary sheet immediately following or at another date. Observers will NOT show up unannounced.
- Sessions 2, 3, 4, or 5 are best for observation.
- Inform the group in advance a Master Trainer will be observing to ensure fidelity of the program.
- Introduce the Master Trainer as a guest who is observing the Peer Leaders. The observer is not to participate or be called upon as an “expert”.
- The summary sheet will be completed by the Master Trainer. Both the Peer Leader and observer will review and sign the summary sheet after the session or at another pre-agreed upon time.
- Both the Peer Leader and the observer will maintain a copy of the summary sheet.

Thank you for your commitment and dedication to the Take Control of Your Health program.