

# Daily Agenda

## *Chronic Disease Self-Management Leader Training*

### Day One

9:00 am:	Introductions / Program and Training Overview
9:50 am:	Session 1 Activity 1: Introduction to the Workshop
10:10 am:	Session 1 Activity 2: Group Introductions
10:40 am:	BREAK
10:55 am:	Session 1 Activity 3: The Mind-Body Connection/Distraction
11:15 am:	Session 1 Activity 4: Getting a Good Night's Sleep
11:25 am:	Session 1 Activity 5: Introduction to Action Plans
12:05 pm:	LUNCH
1:05 pm:	Session 1 Review and Scenarios
2:05 pm:	Session 2 Activity 2: Dealing with Difficult Emotions
2:45 pm:	Session 2 Activity 3: Introduction to Physical Activity and Exercise
3:10 pm:	BREAK
3:25 pm:	Session 2 Activity 4: Preventing Falls and Improving Balance
3:35 pm:	Session 2 Review and Scenarios
4:35 pm:	Practice Teaching Assignments / Questions
4:50 pm:	Day One Closing
5:00 pm:	Adjourn for the day

### Day Two

9:00 am:	Questions and Discussion
9:45 am:	Session 2 Activity 1: Feedback and Problem-Solving
10:20 am:	BREAK
10:35 am:	Session 2 Activity 5: Making an Action Plan
11:00 am:	Session 3 Activity 2: Making Decisions
11:20 am:	Session 3 Activity 3: Pain and Fatigue Management
11:40 am:	Session 3 Activity 4: Endurance Exercise
12:05 pm:	LUNCH
1:05 pm:	Session 3 Activity 5: Relaxation: Body Scan
1:15 pm:	Session 3 Review and Scenarios
2:05 pm:	First Practice Teaching
3:05 pm:	BREAK
3:20 pm:	Practice Teaching, continued
4:20 pm:	Second Practice Teaching Assignments
4:45 pm:	Questions and Day Two Closing, Adjourn for the day

## Day Three

- 9:00 am: Questions and Discussion
- 10:00 am: Session 4 Activity 2: Better Breathing
- 10:15 am: Session 4 Activity 3: Healthy Eating
- 10:40 am: BREAK
- 10:55 am: Session 4 Activity 4: Communication Skills
- 11:20 am: Session 4 Activity 5: Problem-Solving
- 11:50 pm: LUNCH
- 12:50 pm: **Session 4 Review and Scenarios**
- 1:40 pm: Session 5 Activity 2: Making Healthy Food Choices
- 2:00 pm: Session 5 Activity 3: Medications Usage
- 2:30 pm: Session 5 Activity 4: Making Informed Treatments Decisions
- 2:40 pm: BREAK
- 2:55 pm: Session 5 Activity 5: Dealing with Depression
- 3:10 pm: Session 5 Activity 6: Positive Thinking
- 3:35 pm: **Session 5 Review and Scenarios**
- 4:15 pm: Session 6 Activity 2: Working with Your Health Care Professional & Health Care Organization
- 4:40 pm: Questions and Day Three Closing
- 5:00 pm: Adjourn for the day

## Day Four

- 9:00 am: Questions and Discussion
- 9:30 am: Session 6 Activity 1: Feedback
- 10:15 am: BREAK
- 10:30 am: Session 6 Activity 3: Weight Management
- 10:50 am: Session 6 Activity 4: Looking Back and Planning for the Future (Review)
- 11:05am: **Session 6 Review and Scenarios**
- 11:45 am: LUNCH
- 12:45 pm: Second Practice Teaching
- 2:45 pm: BREAK
- 3:00 pm: Second Practice Teaching Review
- 3:15 pm: What Are You Afraid Might Happen?
- 3:45 pm: Program Fidelity
- 4:00 pm: Training Evaluation, Next Steps, Certificates of Completion
- 4:30 pm: Adjourn