

Resources for Orientation

These materials may help you train new Program Champions:

- Menu of Activities
- Supporting Program Champions and Keeping Them Engaged
- Communication Tips for Outreach Activities
- Talking Points for Outreach Activities
- Prevent T2 brochure
- Fact sheet about lifestyle change program

This document will help you train Program Champions how to conduct the activities they will engage in as part of the Program Champion Strategy (Champion Strategy, for short).

Hold an Introductory Meeting

Start by holding an Introduction to Program Championship meeting to explain this new role and the Champion Strategy. You can hold this meeting with a group of Program Champions, with each champion individually, or as a combination of the two approaches. Meetings can be in person or by phone or video conferencing.

Select Outreach Activities

During this meeting, help Program Champions choose their activities from the [Menu of Activities](#). The activities selected will depend on each Program Champion's skills and interests, the needs of your program, and the availability of resources or opportunities. You may want to suggest that champions start with easier activities.

The amount of time that Program Champions spend on each activity will vary, but 1 hour a week is a good average.

Discuss Program Champions Support and Requirements

Discuss the support that program staff will provide to Program Champions. Tell them how often you will meet with them to check in, what materials you will provide to help them complete their activities, and whether you will compensate or reimburse them for Champion activities, such as travel.



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Also review administrative requirements such as logging outreach activities. Consider having Program Champions sign a commitment form to acknowledge their intent to serve in this role and reiterate expectations.

Training Topics to Cover

Give Program Champions the information and training they need to succeed. For example, teach them:

- How to talk about the program, including what participants will learn, what a session looks like, and who is eligible, as well as statistics about the program's effectiveness.
- Good communication skills, such as effective ways to share their story and listen to other participants.
- How to handle personal questions about their experiences.
- The importance of protecting the privacy of potential participants.
- What to do with questions they cannot or should not answer.

