

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

- John Quincy Adams

"A leader is a dealer in hope."

- Napoleon Bonaparte

"Leadership is unlocking people's potential to become better."

- Bill Bradley

"If you think you can do a thing or think you can't do a thing, you're right."

- Henry Ford

Your journey begins here.

PATH

Personal Action Toward Health



MICHIGAN
Partners on the
PATH



www.mihealthyprograms.org

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Become a PATH Leader

You can make a difference



PATH

Personal Action Toward Health

What is PATH?

A workshop that empowers participants to take an active role in managing their health. PATH groups meet once a week for six weeks; each session lasts 2 ½ hours. This workshop is for cancer survivors and patients, family members, care givers and anyone dealing with a long-term health condition. Participants learn ways to lead a healthier, happier life and skills on how to maintain and/or improve their ability to carry out activities of daily living.

Topics covered include:

- Managing symptoms
- Relaxation & breathing techniques
- Improving communication with health care providers, family, friends, and many others.
- Addressing the challenges common to many long term illnesses, such as pain, fatigue, physical limitations, and difficult emotions.
- Each week, participants will create an action plan to accomplish a realistic, attainable goal.

Leader qualifications?

- Cancer Survivor
- Willing and able to co-facilitate at least one 6-week workshops
- Good listening skills
- A role model for healthy behaviors
- Comfortable, speaking in front of groups
- Able to follow a scripted manual
- Dependable and consistent

Leader tasks?

- Attend a 4-day Leader Training
- Co-facilitate one workshop within six months of attending training
- Co-facilitate at least one 6-week workshops in one of the following areas: Clarkston, Lapeer, Macomb, or Pontiac
- Participate in PATH data collection
- Build relationships with workshop participants

Leader benefits?

- \$200 stipend per 6-week workshop
- FREE resources and training
- Co-facilitator provided
- Opportunity to make life-long friends and learn how to lead a happier, healthier life!

Leader training?

All PATH leaders must be trained by a Master Trainer before hosting their first workshop. This training will provide all the tools, knowledge, and information necessary to successfully co-facilitate a PATH workshop series. Leaders must attend and fully participate in all 4 leader training sessions.

For training dates, times, and locations, please contact Kaitlyn Harding at (586)255-0297 or kmhardin2007@gmail.com.

