



Woman to Woman Facilitator Manual



Introduction

This manual contains information and materials necessary to train Peer Health Advisers as part of the Woman to Woman Program. Peer Health Advisers can be trained to lead small group education sessions called “Lunch and Learn”, distribute materials, provide basic breast and cervical cancer information and support to co-workers, and help organize various other activities for employees at their worksite. An experienced health educator or someone skilled at leading group discussions can also facilitate Lunch and Learn sessions.

Experience has shown that the Peer Health Adviser model functions best when more than two Peer Health Advisers are trained in each worksite. In selecting Peer Health Advisers within your worksite, the goal should be to build a team of individuals with complimentary skills and one that is representative of the different job categories, work shifts, departments and cultural/language groups present within your workplace. Please refer to section “Getting Employees Involved” in the Woman to Woman Program Manual for details about Peer Health Adviser role and responsibilities. Suggested procedures for recruitment and selection of Peer Health Advisers, and recommendations for the number of Peer Health Advisers your worksite may need, can also be found in that section of the manual.

If you decide to train a team of Peer Health Advisers, it is recommended that your worksite be willing to offer them support to successfully fulfill their role. There are a variety of ways support can be given to the Peer Health Advisers. One way is to get the permission of both upper-level management and immediate supervisors to undertake this role and implement the various activities. This may involve allowing Peer Health Advisers time to plan and prepare for program activities. Furthermore, resources will be needed to enable that Peer Health Advisers are equipped to provide up-to-date and accurate information. This can be accomplished by obtaining recent National Cancer Institute publications, inviting an expert in the field of breast and cervical cancer to be a guest speaker, and conducting continuing education sessions. Additional support can come from the team of Peer Health Advisers; they can rely on one another for help facilitating sessions and other tasks. The team, as well as the Volunteer Advisory Board, can provide feedback and encouragement on an ongoing basis to help Peer Health Advisers. Employees who become Peer Health Advisers should be recognized for the contributions they make to the health and well being of their co-workers.

