

CHW 101 Training Outline

Mon-Fri starting Mon. 01/22/2026 to Tues 03/17/2026*

(**No class on Fri 1/23 & Mon 2/16/2026)

Dates in 2026	Module Title	Course Hours
Thurs 1/22	CHW 101 Logistics	
Mon 1/26 Tues 1/27	Time Management for CHWs On-The-Go (Part 1 of 2) Time Management for CHWs On-The-Go (Part 2 of 2)	2 2
Wed 1/28 Thurs 1/29	Avoiding CHW Burnout (Part 1 of 2) Avoiding CHW Burnout (Part 2 of 2)	2 2
Fri 1/30 Mon 2/2	CHW Critical Thinking (Part 1 of 2) CHW Critical Thinking (Part 2 of 2)	2 2
Tues 2/3 Wed 2/4	CHW Strategic Outreach Planning (Part 1 of 2) CHW Strategic Outreach Planning (Part 2 of 2)	2 2
Thurs 2/5 Fri 2/6	Sharpening Navigation Skills & Telehealth Basics for CHWs Sharpening Navigation Skills (Part 2 of 2)	2 2
Mon 2/9 Tues 2/10	Implicit Bias Awareness for CHWs (Part 1 of 2) Implicit Bias Awareness for CHWs (Part 2 of 2)	2 2
Wed 2/11 Thurs 2/12	The Motivating CHW (Part 1 of 2) The Motivating CHW (Part 2 of 2)	2 2
Fri 2/13 Tues 2/17	Best Health Educator of the Year & Stroke Awareness & Prevention Best Health Educator of the Year (Part 2 of 2)	2 2
Wed 2/18 Thurs 2/19	A CHW's Ethical Dilemma (Part 1 of 2) A CHW's Ethical Dilemma (Part 2 of 2)	2 2
Fri 2/20 Mon 2/23	The Professional CHW Who Wears Many Hats (Part 1 of 2) The Professional CHW Who Wears Many Hats (Part 2 of 2)	2 2
Tues 2/24 Wed 2/25	Elevating the Voice of the Community (Part 1 of 2) Elevating the Voice of the Community (Part 2 of 2)	2 2
Thurs 2/26 Fri 2/27	The Resilient CHW (Part 1 of 2) The Resilient CHW (Part 2 of 2)	2 2



Mon 3/2	CHWs & Chronic Conditions Overview: Body Systems (Part 1a of 3) • Skeletal • Muscular • Circulatory - High Blood Pressure & Hypertension & Cholesterol Basics • Nervous - Introduction to Brain Health Basics & Working with Clients Living with Dementia	2
Tues 3/3	CHWs & Chronic Conditions: Body Systems (Part 1b of 3) • Skeletal • Muscular • Circulatory • Nervous	2
Wed 3/4	Body Systems (Part 2a of 3) • Digestive - Colorectal Cancer • Reproductive - Breast Cancer & Cervical Cancer • Respiratory - Asthma • Immune	2
Thur 3/5	Body Systems (Part 2b of 3) • Digestive • Reproductive • Respiratory • Immune	2

Fri 3/6	Body Systems (Part 3a of 3) • Lymph • Urinary • Endocrine - Prediabetes & Diabetes • Integumentary	2
Mon 3/9	Body Systems (Part 3b of 3) • Lymph • Urinary • Endocrine • Integumentary	2
Tues 3/10	• Maximizing your time in the workplace ◦ DEPENDability	2
Wed 3/11	• Managing your mindset in the workplace ◦ REASONability	2
Thur 3/12	• Navigating success in the changing workplace ◦ ADAPTability	2
Fri 3/13	• Thriving in the multi-generational workplace ◦ RESPECTability	2
Mon 3/16	• Realities & expectations in today's workplace ◦ WORKability	2

Tues 3/17	Graduation Celebration	
	Total	70 hours

If interested in attending some or all of these trainings, register [here](#)



*No class on Mon 2/16/2026