



CHW 101 Training Outline

(Mon-Fri starting Mon. 01/06/2025 to Wed 02/26/2025)

| Dates in 2025 | Module Title | Course Hours |
|------------------------|--|---------------------|
| Mon 1/6 Tues 1/7 | Module 1a - Time Management for CHWs On-The-Go (Part 1 of 2) Module 1b - Time Management for CHWs On-The-Go (Part 2 of 2) | 2 2 |
| Wed 1/8 Thurs 1/9 | Module 2a - Avoiding CHW Burnout (Part 1 of 2) Module 2b - Avoiding CHW Burnout (Part 2 of 2) | 2 2 |
| Fri 1/10 Mon 1/13 | Module 3a - CHW Critical Thinking (Part 1 of 2) Module 3b - CHW Critical Thinking (Part 2 of 2) | 2 2 |
| Tues 1/14 Wed 1/15 | Module 4a - CHW Strategic Outreach Planning (Part 1 of 2) Module 4b - CHW Strategic Outreach Planning (Part 2 of 2) | 2 2 |
| Thurs 1/16 Fri 1/17 | Module 5a - Sharpening Navigation Skills & Telehealth Basics for CHWs Module 5b - Sharpening Navigation Skills (Part 2 of 2) | 2 2 |
| Tues 1/21 Wed 1/22 | Module 6a - Implicit Bias Awareness for CHWs (Part 1 of 2) Module 6b - Implicit Bias Awareness for CHWs (Part 2 of 2) | 2 2 |
| Thurs 1/23 Fri 1/24 | Module 11a - The Motivating CHW (Part 1 of 2) Module 11b - The Motivating CHW (Part 2 of 2) | 2 2 |
| Mon 1/27 Tues 1/28 | Module 8a - Best Health Educator of the Year & Stroke Awareness & Prevention Module 8b - Best Health Educator of the Year (Part 2 of 2) | 2 2 |
| Wed 1/29 Thurs 1/30 | Module 9a - A CHWs Ethical Dilemma (Part 1 of 2) Module 9b - A CHWs Ethical Dilemma (Part 2 of 2) | 2 2 |
| Fri 1/31 Mon 2/3 | Module 10a - The Professional CHW Who Wears Many Hats (Part 1 of 2) Module 10b - The Professional CHW Who Wears Many Hats (Part 2 of 2) | 2 2 |
| Tues 2/4 Wed 2/5 | Module 7a - Elevating the Voice of the Community (Part 1 of 2) Module 7b - Elevating the Voice of the Community (Part 2 of 2) | 2 2 |
| Thurs 2/6 Fri 2/7 | Module 12a - The Resilient CHW (Part 1 of 2) Module 12b - The Resilient CHW (Part 2 of 2) | 2 2 |

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| <p>Mon 2/10 Tues 2/11</p> <p>Wed 2/12 Thurs 2/13</p> <p>Fri 2/14 Tues 2/18</p> | <p>Module 13a - CHWs & Chronic Conditions Overview</p> <p>Body Systems (Part 1 of 3)</p> <ul style="list-style-type: none"> • Skeletal • Muscular • Circulatory - High Blood Pressure & Hypertension & Cholesterol Basics • Nervous - Introduction to Brain Health Basics & Working with Clients Living with Dementia <p>Module 13b - Body Systems (Part 2 of 3)</p> <ul style="list-style-type: none"> • Digestive - Colorectal Cancer • Reproductive - Breast Cancer & Cervical Cancer • Respiratory - Asthma • Immune <p>Module 13c - Body Systems (Part 3 of 3)</p> <ul style="list-style-type: none"> • Lymph • Urinary • Endocrine - Prediabetes & Diabetes • Integumentary | <p>2 2</p> <p>2 2</p> <p>2 2</p> |
| <p>Wed 2/19</p> | <ul style="list-style-type: none"> • Maximizing your time in the workplace <ul style="list-style-type: none"> ○ DEPENDability | <p>2</p> |
| <p>Thurs 2/20</p> | <ul style="list-style-type: none"> • Managing your mindset in the workplace <ul style="list-style-type: none"> ○ REASONability | <p>2</p> |
| <p>Fri 2/21</p> | <ul style="list-style-type: none"> • Navigating success in the changing workplace <ul style="list-style-type: none"> ○ ADAPTability | <p>2</p> |
| <p>Mon 2/24</p> | <ul style="list-style-type: none"> • Thriving in the multi-generational workplace <ul style="list-style-type: none"> ○ RESPECTability | <p>2</p> |

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| Tues 2/25 | <ul style="list-style-type: none">• Realities & expectations in today's workplace<ul style="list-style-type: none">○ WORKability | 2 |
| Wed 2/26 | Graduation Celebration | |
| | Total | 70 hours |

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

