



CHW 101 Training Outline

Mon-Fri starting Mon. 09/15/2025 to Fri 11/7/2025*

(*No class on Wed - Fri 9/17-9/19/2025 and Mon 10/13/2025)

Dates in 2025	Module Title	Course Hours
Mon 9/15 Tues 9/16	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
Mon 9/22 Tues 9/23	Module 2a - Avoiding CHW Burnout (Part 1 of 2) Module 2b - Avoiding CHW Burnout (Part 2 of 2)	2 2
Wed 9/24 Thurs 9/25	Module 3a - CHW Critical Thinking (Part 1 of 2) Module 3b - CHW Critical Thinking (Part 2 of 2)	2 2
Fri 9/26 Mon 9/29	Module 4a - CHW Strategic Outreach Planning (Part 1 of 2) Module 4b - CHW Strategic Outreach Planning (Part 2 of 2)	2 2
Tues 9/30 Wed 10/01	Module 5a - Sharpening Navigation Skills & Telehealth Basics for CHWs Module 5b - Sharpening Navigation Skills (Part 2 of 2)	2 2
Thurs 10/2 Fri 10/3	Module 6a - Implicit Bias Awareness for CHWs (Part 1 of 2) Module 6b - Implicit Bias Awareness for CHWs (Part 2 of 2)	2 2
Mon 10/6 Tues 10/7	Module 11a - The Motivating CHW (Part 1 of 2) Module 11b - The Motivating CHW (Part 2 of 2)	2 2
Wed 10/8 Thurs 10/9	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
Fri 10/10 Tues 10/14	Module 9a - A CHWs Ethical Dilemma (Part 1 of 2) Module 9b - A CHWs Ethical Dilemma (Part 2 of 2)	2 2
Wed 10/15 Thurs 10/16	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
Fri 10/17 Mon 10/20	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
Tues 10/21 Wed 10/22	Module 12a - The Resilient CHW (Part 1 of 2) Module 12b - The Resilient CHW (Part 2 of 2)	2 2

Thurs 10/23 Fri 10/24	Module 13a - CHWs & Chronic Conditions Overview Body Systems (Part 1 of 3) • Skeletal • Muscular • Circulatory - High Blood Pressure & Hypertension & Cholesterol Basics • Nervous - Introduction to Brain Health Basics & Working with Clients Living with Dementia	2 2
Mon 10/27 Tues 10/28	Module 13b - Body Systems (Part 2 of 3) • Digestive - Colorectal Cancer • Reproductive - Breast Cancer & Cervical Cancer • Respiratory - Asthma • Immune	2 2
Wed 10/29 Thurs 10/30	Module 13c - Body Systems (Part 3 of 3) • Lymph • Urinary • Endocrine - Prediabetes & Diabetes • Integumentary	
Fri 10/31	Modules 14 - 18 • Maximizing your time in the workplace ◦ DEPENDability	2
Mon 11/3	• Managing your mindset in the workplace ◦ REASONability	2
Tues 11/4	• Navigating success in the changing workplace ◦ ADAPTability	2
Wed 11/5	• Thriving in the multi-generational workplace ◦ RESPECTability	2

Thurs 11/6	- Realities & expectations in today's workplace - WORKability	2
Fri 11/7	Graduation Celebration	
	Total	70 hours

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



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