



Red Deer Primary Care Network presents: Coach Training for Health Care Professionals

The Alberta Happiness Basics Group Program results show significant improvement in:

- mood
- vitality for everyday activities
- mental and physical health
- pain

Group Participant's comments:

"Looking at the positive side is teaching us how to move forward rather than 'focusing on the past' which has been revolutionary – a wow moment....It's informative and problem solving rather than problem finding."

Happiness Basics is a 4 or 7 week workshop grounded in positive psychology. It is a simple, positive, empowering workshop. Participant and coach's manuals have been developed for the workshop. Happiness workshops have been offered by Red Deer PCN for 9 years.

Coach training is available **on-line** or **in person**. On-line training has no cost. In-person training is offered a limited number of times per year and trainees cover their personal expenditures. In person training offers more opportunity for practice and feedback. Organizations may choose a combination of training options. Decisions are generally made on learning style of trainees and organizational resources.

To reserve a spot in the July 6 & 7, 2020 in-person training:
-complete the attached registration form
-mail it along with your payment to Red Deer Primary Care Network by May 15, 2020.



When:
July 6 & 7, 2020

Registration: **8:30 am July 6th**
Session time each day: **9:00 am – 4:00 pm**

16 Hours of Pre reading and video review is required. You will get access to this on the PMO site after registering- please give 2 weeks for access so plan ahead.AL

Where: **Red Deer Primary Care Network**
5120 47 Street,
Red Deer, AB

Cost: **\$170.00** (to cover personal expenses, which include nutrition breaks, lunch & take-home training materials)

Accommodation:
If accommodations are required, we suggest the
Black Knight Inn @ 844.746.8750
Super 8 Red Deer City Centre @ 403.358.7722

Questions? Contact Gail Loov at programsharing@rdpcn.com or 403.406.4117

5120 – 47 Street, Red Deer, AB T4N 1R9



Facilitator Training Application Form For Health Care Professionals July 6 & 7, 2020

Please complete this registration form and mail it along with your \$170 registration fee to Red Deer Primary Care Network by May 15, 2020.

Name: _____

Company: _____ Professional Designation: _____

Email: _____ Contact Number: _____

1. **Are you using positive psychology in your present work?** _____

Please give examples.

2. **What is your favorite positive psychology skill?**

3. **Why are you interested in becoming a Happiness Basics Coach?**

4. **How do you see spreading this program at your workplace?**

The training program requires a minimum of 5 participants. If the minimum participants are not achieved for this Learning opportunity, it may be cancelled with full refund of registration fee.