



Online Passport to Healthy Living: Supporting Healthy Aging of Older Adults in Ontario

Facilitator Training Session #1
You as the Facilitator
Orientation

Welcome!

- ▶ Welcome from Active Aging Canada - Patty Clark, Executive Director, Active Aging Canada
- ▶ To the first session of training for online facilitators: *Online Passport to Healthy Living: Supporting Healthy Aging of Older Adults in Ontario*

Funded by Seniors Community Grant Program of the Government of Ontario



Purpose of the Project

- ▶ To adapt 'Your Passport to Healthy Living' workshop content for online delivery, adapting facilitator training to be offered on line, with facilitators from Seniors Active Living Centres
- ▶ To pilot testing materials in a workshop and securing commitments to offer workshops in the post-grant funding period.
- ▶ Activities of the project-between March and June, 2021.



Introductions

- ▶ Patsy Beattie-Huggan, Facilitator
- ▶ Wendy Kraglund-Gauthier, Co-Facilitator Online Learning Specialist

- ▶ **Introductions -**
 - ▶ Name
 - ▶ Organization
 - ▶ Hopes for signing up



Best Practice Guidelines - Zoom

- ▶ Today's meeting is set up in 90 minute segments to allow for breaks
- ▶ One hour break scheduled for lunch
- ▶ Presentations are in the morning - stretch as you wish
- ▶ Small groups and large groups will enable interaction and brainstorming
- ▶ In discussions, one person speaks at a time
- ▶ Use the hands up image if you wish to speak
- ▶ If not speaking, turn off your video, e.g. during presentations
- ▶ Reboot your computer at noon to maximize function



SESSION GOAL: Provide an orientation to the project and your role as a facilitator

MEETING OBJECTIVES:

- ▶ Become familiar with the project work to date and direction
- ▶ Understand and discuss applied principles of holistic health and adult education
- ▶ Define your role as facilitator
- ▶ Develop a knowledge of the Passport and support tools
- ▶ Debrief identify lessons learned and next steps for Session #2



Agenda - Segment 1

- 9:15 Login in to Zoom for system check of mics, speakers - Once complete, pause and get your coffee!
- 9:30 Welcome & overview of the Project - Patty Clark, ED, Active Aging Canada
- 9:35 Introductions, Agreements, Logistics - Patsy Beattie-Huggan, Facilitator
- 9:50 Review agenda and objectives
- 9:55 Research Component - Wendy Kraglund Gauthier
- 10:05 Today's focus - You as the facilitator!
- 10:10 Small groups: Discuss personal assessment of facilitation skills and set goals
- 10:20 Large Group: How did you get along? What goals emerged?
- 10:30 Break



The Research Component

Study name:

- ▶ Adapting Active Aging Canada's 'Your Personal Passport to Healthy Living' Program to Online Delivery

Researchers:

- ▶ Wendy Kraglund-Gauthier, PhD, Faculty of Education, Yorkville University | wkraglund-gauthier@yorkvilleu.ca (902) 870-2947
- ▶ Liza Stathokostas, PhD, Research Director, Active Aging Canada
- ▶ Arlene Astell, PhD, Director, Dementia Aging Technology Engagement, University Health Network, Toronto



Purpose of the research:

We are conducting this research to explore the process and outcomes of transitioning the "Your Personal Passport to Healthy Living" training program to an online delivery mode.

As the inaugural pilot participants, we seek your input and feedback on the delivery method and facilitation of the content. We also wish to learn more about your own experiences as facilitators of the Healthy Passport Online workshop to seniors.

The results of this study will be used to improve the subsequent design of future workshops online. We also wish to report our findings to help inform the way other organizations and individuals are designing online training for older adults.



What you will be asked to do:

We will be asking for your feedback on various instructional techniques and learning tools that you will engage with in the online space.

Your on-going feedback through the sessions will help inform the facilitator's delivery of the sessions, with the goal of creating the most optimal learning experience possible.

At the end of the train-the-trainer workshop, you will be asked to participate in a debrief (focus group) to discuss your impressions of the training.

Once the facilitator training has been completed, you will be partnered with a peer to deliver an online module to a group of seniors and to participate in a debrief (focus group) to discuss your experiences as a trainer.

The research component means agreeing or declining to have the evaluation feedback you provide as part of the workshop delivery also used as "research data."



You as Facilitator

- ▶ As a facilitator of *Your Personal Passport to Healthy Living*, you will facilitate:
 - Change
 - Programs
 - Groups
 - Knowledge exchange
- ▶ It is important that you are seen as open to diverse perspectives and positive with intentions.
- ▶ To be an effective facilitator you need a diverse set of skills; to facilitate online you need to adapt these skills and learn new ways to relate to a group.
- ▶ See References - Refresh your Facilitation Skills and Community Leaders Guidebook



You as Facilitator

- ▶ A facilitator models 'well being' by:
 - Acting from values 
 - Respecting emotional, physical, mental and spiritual dimensions of human beings 
- ▶ Things to consider :
 - Put yourself in the Circle
 - Become familiar with your own values
 - Discover what makes you 'whole'
 - Understand your learning style



Skills and Strengths

► Check the facilitator function in which you have the strongest skill set

- a) Analyze and Conceptualize
- b) Communicate
- c) Facilitate Group Dynamics
- d) Manage
- e) Relate to Others
- f) Facilitate online



Skills Improvement

► Check the facilitator function in which you need the greatest improvement

- a) Analyze and Conceptualize
- b) Communicate
- c) Facilitate Group Dynamics
- d) Manage
- e) Relate to Others
- f) Facilitate online



Setting Group Goals

► Breakout Rooms

- Discuss personal assessment of facilitation skills and set group goals for skill development

► Large Group

- How did you get along? What goals emerged?



Agenda - Segment 2

10:45 Understanding the Adult Learner - Introduction to homework

11:00 Introduction to Your Personal Passport to Healthy Living and support tools

11:30 Debrief and reflections

12:00 Close

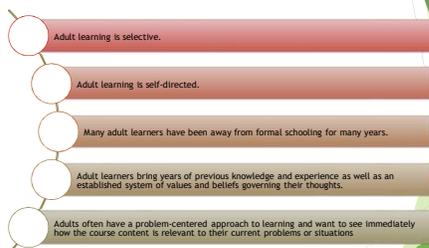
Homework: Complete an assessment of your learning styles

Handouts:

- Passport for Healthy Living, Community Leaders Guide, Toolkit
- Facilitator Tips
- Teaching Adults Online
- Tips for teaching online



Characteristics of adult learning:



Key Adult Learning Facilitation Design Principles:

- Start with experience
- Take a problem-solving orientation
- Give opportunities for reflection
- Provide opportunities for learners to control their own learning
- Support transformative learning

(Digital Promise, 2016)



