

How to

Become a

Master Trainer



Description

A Master Trainer for the **National Diabetes Prevention Program** (*National DPP*) is a highly qualified individual meeting the requirements for a lifestyle coach in the National DPP. They provide lifestyle coach training and assist in capacity building for scaling and sustaining the program.

Qualifications to Become a Master Trainer

(The following are general guidelines and may change depending on which organization you choose)

- Must be affiliated with an organization that has pending or full CDC recognition.
- Have completed formal lifestyle coach training from a CDC-recognized training provider.
- At minimum, must have led at least one cohort of participants through the entire yearlong program.
- **Thinks ahead:**
 - » Looks for opportunities to utilize questions arising in training to role model facilitation skills
 - » Intentionally creates an environment in training that mirrors the ideal environment that a lifestyle coach should create with their participant groups
- **Training and facilitation skills:**
 - » Facilitates rather than teaches
 - » Understands adult learning styles
 - » Can provide developmental feedback and positive reinforcement
 - » Has ability to model group facilitation skills and has knowledge of ability to utilize a variety of facilitation techniques and skills
 - » Organizes program materials, delivers the program and training with adherence to a CDC-approved curriculum and understands and adheres to program and training fidelity
 - » Understands the CDC Diabetes Prevention Recognition Program (DPRP) Standards
- Has strong interpersonal and communication skills that promote empathy and unconditional positive regard for each participant and is able to model these skills for trainees:
 - » Provide curriculum to class participants and trainees in effective, meaningful and compelling ways

- » Communicate empathy for participants, who will likely experience difficulty and frustration at times when trying to adopt and sustain healthy lifestyle behaviors
- » Encourage group participation and interaction through the use of a variety of facilitation skills that help participants to find their personal motivation and commitment to lifestyle change activities
- Creates a motivating, friendly and noncompetitive environment:
 - » Build strong relationships with individuals and builds community within a group by fostering relationships with and amongst participants and trainees
 - » Able to positively reinforce behavior change efforts in a non-judgmental way and model this behavior to trainees

Responsibilities: *(The following are general guidelines and may change depending on which organization you choose)*

- Attend required Master training days and satisfactorily demonstrate program and training skills necessary to be certified
- Lead a minimum of one lifestyle coach training within 12 months of training completion
- Keep accurate records of lifestyle coach trainees and submit records to your organization's National DPP Program Coordinator
- Understand and oversee participant safety-related issues with respect to program delivery.

Cost: *(The following are general guidelines and may change depending on which organization you choose)*

- » Approximately **\$1,500**
- » An organizations may also charge a **\$500** annual renewal fee.

Benefits:

- **Sustainability:** Having a Master Trainer allows organizations to scale and sustain lifestyle change programs efficiently over time, as the number of program participants grows and the need for lifestyle coaches increases.
- **Quality Control & Standards:** According to the CDC, having lifestyle coaches who are properly trained to implement the lifestyle change program is vital for high program quality and consistent results. Having effective lifestyle coaches to deliver the program starts with quality training from a Master Trainer, ongoing evaluation and professional development.

CDC-approved Training Centers for Master Training:

- **DTTAC Master Trainer Select**, www.tacenters.emory.edu/news_events/news/MasterTrainerInstitute.html
- **QTAC-NY**, www.qtacny.org/training
- **Solera Network**, <https://store.soleranetwork.com>

Updated list can be found at www.cdc.gov/diabetes/prevention/lifestyle-program/staffing-training.html