



DPP Group Lifestyle Balance™ Master Trainer Workshop

Innovative Wellness Solutions (IWS) is pleased to announce a DPP Group Lifestyle Balance™ (DPP-GLB) Master Trainer workshop scheduled for January 23 and 24, 2019 in Pittsburgh, PA. Faculty from the University of Pittsburgh Diabetes Prevention Support Center have partnered with IWS to offer this unique training experience.

The two-day workshop is designed to provide experienced, DPP-GLB-trained providers* with the skills and materials necessary to conduct DPP-GLB training workshops for health providers within their organization.

Individuals who successfully complete the Master Training workshop will become recognized DPP-GLB Master Trainers. See below for details of costs and benefits of DPP-GLB Master Training.

When: January 23, 2019 8:15am-4:00pm
January 24, 2019 8:15am-4:00pm

Where: [Wyndham Pittsburgh University Center](#)
100 Lytton Avenue | Pittsburgh, PA 15213
(412) 682-6200

A block of rooms has been reserved at a discounted group rate of \$139/night. Please contact hotel reservations directly Monday-Friday 8AM-6PM:
Chelsey Baumgardner 412-682-6200 ext 6131 email cbaumgardner@wyndham.com

Who: *DPP-GLB Master Training is intended for individuals who meet these standards

- Prior completion of DPP-GLB lifestyle coach training.
- Evidence of successful DPP-GLB program delivery (at least one year).
- Health care professional (minimum Bachelor's Degree in allied health field or other relevant background/experience).
- Individuals with support from their organization to become a DPP GLB Master Trainer

Application Packet: Please send the following to Innovative Wellness Solutions:

- Completed application (below).
- Curriculum Vita or Resume
- Letter of Recommendation from applicant's supervisor/administrator. Letter must include supervisor's contact information and address the applicant's experience and performance in delivery of the DPP-GLB program.

Application Packet is due on or before December 1, 2018. **Applicants will be notified regarding acceptance to the workshop by December 15, 2018.** Please submit the Application Packet via e-mail to:

Innovative Wellness Solutions
DPPinfo@iwellnessnow.com

Space at the DPP-GLB Master Trainer workshop is *very limited*; attendees will be selected based on their qualifications and as applications are received. Please contact Innovative Wellness Solutions with any questions or for more information.

Cost:

- **Workshop Cost:** \$1,500 for the two-day workshop; includes training materials, breakfast and lunch both days.
- **Annual Renewal Master Trainer Cost:** Individuals will renew their agreement to provide training for the DPP GLB within their organization on an annual basis (first year is included in training cost):
 1. \$500 per year per Master Trainer to provide up to 5 training workshops each year within their organization.

Master Trainer Benefits for Organizations: The option of having a DPP-GLB Master Trainer in-house allows for cost-efficient training with an organization. DPP-GLB Master Trainers receive support from University of Pittsburgh DPSC faculty with established expertise in the development and evaluation of evidence-based standards for Diabetes Prevention Program curricula. The following features enhance the likelihood that organizations will initiate and sustain robust intervention programs in-house:

- a. Standard workshop training materials, presentations and group facilitation resources, as well as curriculum updates;
- b. Tailored practical support for in-house workshop planning and delivery including easy online registration link for workshop attendees, assistance with marketing, online workshop evaluation, and handling of continuing education credits for newly trained lifestyle coaches (as appropriate);
- c. Ongoing implementation support after training via telephone and e-mail;
- d. Opportunities to network with other DPP-GLB Master Trainers and the DPSC faculty during periodic scheduled conference calls
- e. Inclusion in the DPSC data base with access to the DPP GLB Master Trainer resources within the DPSC Health Professionals Portal (resources for DPP-GLB program delivery)

IWS and the DPSC faculty aim to mentor DPP-GLB Master Trainers who can train lifestyle coaches to implement programs meeting the highest quality assurance and consistency standards supported by behavioral lifestyle intervention research.

If you are interested in becoming a DPP-GLB Master Trainer, please complete the application and return it along with the application packet described above to IWS by December 1, 2018.