

Imagine YOU® Leader Training

Resilience. Support. Engagement.

March 2018



March 3 & 10, 2018 9:30 am. - 1:30 pm.
SRJC Southwest Campus in Santa Rosa, CA

Imagine *what matters to YOU* helps people build personal resilience and supports and engages them in creating their best health and life.

With this training you will gain the skills needed facilitate a 45-60 minute Imagine YOU group workshop and work one-to-one with individuals using the Imagine *what matters to YOU* method.

Imagine YOU is a powerful tool for resilience-building and engagement. Individuals create and use tools to support their health and well-being, created from their own perspective and goals... not ours.

Imagine YOU Leaders ask ‘What matters most to you?’ and then guide people to go deeper to create their own ‘Image of Health’ - an empowered vision of their life and health goals.

The Imagine YOU Leader Training details:

- 8 hours total in-class (2 four-hour sessions) plus 4 hours observation/coaching.
- Imagine YOU Leader Tool Kit to bring Imagine YOU into your organization or group.
- Imagine YOU implementation consultation with your organization.
- Guidance and tools to collect outcome data showing Imagine YOU impact.
- Certificate of completion awarded after two successful onsite workshop observations.

WHEN: Two Saturday mornings, both required, **March 3 & 10, 2018, 9:30 am -1:30 pm**

WHO: Ellen Barnett, MD, PhD. creator of Imagine YOU; Program Staff

COST: Sliding scale (\$599 value)

WHERE: SRJC Southwest Center Campus

950 S. Wright Road (off Hwy 12), Santa Rosa in Modular Building #2. Free parking.

CONTACT: Cynthia Calmenson cynthiac@imcfound.org 707-284-9225 or 707-623-0151 mobile

Registration closes Tuesday, February 20, 2018 at 3 pm.

RN CME's available. Please inquire.

Imagine YOU is a program of the Integrative Medical Clinic Foundation (IMCF) and is included in the Upstream Portfolio. IMCF leads the What Matters to YOU Sonoma County Coalition as part of the global What Matters Initiative of the Institute for Healthcare Improvement. What Matters Sonoma County brings together organizations interested in finding out what they may learn by asking: ‘What matters to you?’ To join please visit www.whatmatterssonomacounty.org.

www.imcfound.org



Imagine YOU® Training Registration Form

Please print legibly:

Name: _____ Phone: _____

Mobile: _____ Email: _____

Mailing Address: _____

Agency/Organization you work for (if applicable): _____

Your profession: _____ Student(where?): _____

Do you have any experience facilitating groups and/or coaching individuals? Please explain:

Do you have any special needs?:

How did you hear about this program?

What attracts you to this program?

If you are requesting a tuition subsidy please contact us via email to set up a phone interview with Cynthia Calmenson, Executive Director cynthiac@imcfound.org.

Full program cost: Sliding scale (\$599 value)

What amount will you/your organization pay toward the tuition? \$ _____

I/We will pay by:

☐ Check ☐ Cash ☐ Credit Card (contact us for online payment instructions)

Registration deadline: Tuesday, February 20, 2018 at 3 pm.

Registrations are not complete without payment. Please fill out one form per person.

No credit or refund if canceling after Feb. 23, 2018 \$75 administration fee for cancelled registrations.

Please mail, fax, or drop off your form to:

Integrative Medical Clinic Foundation EIN 68-0445149

Attn: Cynthia Calmenson, Executive Director

175 Concourse Blvd.

Santa Rosa, CA. 95403

Fax: 707-284-9204 Phone: 707-284-9225