

## Tips for training staff for Sit and Be Fit

- The best way to train staff in facilitating a program is to demonstrate the program from start to finish with all new facilitators. The second best way is to have new staff observe an established program.
- Training tips:
  - Have time for staff to practice setting up technology and equipment before a scheduled program.
  - Emphasize the importance for facilitators to introduce themselves and encourage conversations with participants to build community, rather than just turning on the video and disappearing.
  - Depending on the group, some participants might enjoy repeating the video once they are familiar with the exercises. Each video program lasts about ½ hour, so it's possible to repeat the exercises once in a 1-hour program.
  - Ensure staff are aware of any requirements for gathering feedback, such as survey implementation.