

Section 6: After Core Session Examples

Individual Participant Worksheet

An example of an Individual Participant Worksheet is, 'What if the scale doesn't budge?'. You can use this worksheet at a one on one visit, or you can use it to build a group class around.

Group HELP Session

An example of a Group HELP Session is, 'Mind Over Matter'. A HELP session is a group class on a Lifestyle Balance topic, which is held in one session. You may offer the session more than once to encourage attendance, but inform participants they only have to attend one of the sessions offered.

The design of a group HELP session may include the following:

1. Coach's script-directions for running the class.
2. Session Invitation.
3. Participant handouts.
4. Some sessions have Powerpoint presentations.

Group Campaign

An example of a Group Campaign is, 'Mission Possible'. Mission Possible is a four session campaign to promote modest weight loss. The four sessions can be held over 4-8 weeks.

The design of a Group Campaign session may include the following:

1. Coach's script-directions for running the class.
2. Session Invitation.
3. Participant handouts.
4. Some sessions have Powerpoint presentations.
5. There is an incentive offered for people who achieve their campaign goals. The incentives used in DPP and DPPOS are listed. You can change the incentives to match the needs of your program.