



Ideas for Annual Coach Update

The required 2.5 hours of an annual update is a time for Master Trainers to connect with their Coaches, mentor them, energize the team, answer questions, discuss different class scenarios, and thank them for their engagement and support. It is a time to revitalize your team and reinforce fidelity.

Some ideas from Master Trainers around the country include:

- Ask Coaches what their needs are. Celebrate success: the past and plans for the future
- Updates on a grants/foundations that are sponsoring MOB
- Provide a “Thank You” luncheon
- Talk about other evidence-based programs (EBPs) and how they link together
- Brainstorm locations and new partnerships for new outreach
- Next steps beyond MOB
- New partnerships and collaborations
- Review different class situations and types of Participants
- Discuss any difficult activities to present
- Conduct each teach-backs so everyone can learn
- Schedule a visit from a Guest Healthcare Professional so coaches can ask questions
- Schedule guest presenters from your community: local senior games organizer, tai chi instructor, other EBP presenters: CDSMP, Enhance Fitness, Fit and Strong, Arthritis exercise (water)
- Give a Fidelity Talk
- Provide ice breaker ideas and other creative coaching strategies
- Provide games: Jeopardy, race car, pop quiz, offer prizes if possible
- Invite a Participants who want to share their experience
- Suggest ideas for last class party
- Discussion: How to engage participants in conversations
- Suggest ideas for ways to deal with participants with some cognitive issues

Build connections! Have Fun!