

JULY 2023 QUARTERLY UPDATE MEETING MINUTES

1. **Update from MaineHealth** – All future Master Trainer Sessions for 2023 are posted on Website. Visit the website for dates: [Master Trainer Sessions | MaineHealth](#)
2. **New MOB Store items** – Check out the online store for night lights, water bottles and other great items to give your participants and coaches: [Welcome to A Matter of Balance Site! \(brandingbygeiger.com\)](#)
3. **Quarterly Check in Topic- Coach training**
4. **Quarterly Update Meeting Minutes** – are Posted on the Master Trainer Resources Website.
5. **License Renewal**- Please check your license to see if you are up for the 3 year renewal.
6. **Regional Check-in from MT's** – come prepared to share a brief update on MOB in your organization.
7. **Problem Solving** – Do you have an issue implementing MOB that you could use help with? Bring any concerns or questions you may have for MaineHealth, or the group.
8. **Changes in Master Trainer Website** - Check out the new accordion tab on the Master Trainer Resources page has a coach training tab. [Resources for Master Trainers | MaineHealth](#)
9. **Welcome New MOB MT's!**

Coach training overview

- How many coaches can you train?
 - a. You can train from 1 coach to as many coaches as you can reasonably supervise, mentor, provide annual update to and have classes set up for them to teach.
- What happens after you train a coach?
 - a. A new coach should provide at least two MOB classes (full session) in the first year
 - b. Provide a site visit to a community class to observe your coach
 - c. Provide a Guest Health Professional and assistance
- Whose license do the coaches you train work under?
 - a. The coach is under the License to Use that the Master Trainers is listed on
- How long is the annual training that you provide to coaches?
 - a. The annual training is 2.5 hours annually
- What do you review during the annual coach training?
 - a. There is a full annual coach training agenda in your Master Trainer Manual in the Master Trainer Materials Section Tab B Coach Training and Recruitment
 - b. Fidelity, exercises, any new changes, questions or concerns from coaches, paperwork, participant situations, problems or best practices, participant solutions, any coach's needs, resources in the community; Guest Health Professional, what is going well, what are the challenges
- How should you prepare for your annual coach training?
 - a. Review your fidelity documents
 - b. You can invite experienced coaches can share with newly trained coaches
 - c. Show the Coach Refresher PowerPoint located in your Master Trainer Manual in the Master Trainer Materials Section Tab B.
- How much supervision do you provide your coaches?
 - a. Frequent conversations, mentoring should be ongoing, have touch base meetings to share any experiences and tip, frequent check in, leader support meetings, mentoring is on-going,

- Who schedules classes?
 - a. The Master Trainer
- Who provides the program materials?
 - a. The Master Trainer
- Who schedules GHP?
 - a. The Master Trainer
- What takes longer: training coaches or providing ongoing supervision and annual training?
 - a. The ongoing supervision!! Made sure to only train as many coaches as you need and are able to supervise.
- How do you get your coaches (volunteers) to stay with your organization?
 - a. Have an annual award for leaders, we have an annual breakfast meeting to show appreciation, Sincere thanks and respect, regular meetings, we have a SharePoint site to communicate, share positive comments from participants, thank them often, Amazon gift cards, we hold an annual celebration and give gift cards, positive feedback, I make sure they always have what they need to run a program, sharing testimonials from participants, praise and continued support, prompt reply to questions, take care of the administrative work.

What is going on with your classes?

Connie, New Lenox, IL: Will be holding class 51 in the fall and class 52 in January at an independent living facility. Will be having our annual Expo during fall prevention month, "One Fall Can Change it All". It is a fun 3 hours. This generates interest in MOB. We do fun icebreakers.

Roger, Northern KY: classes in Senior Centers and Churches.

Philip, Spokane, WA: Our 13th class if finishing next week.

Justin and Ola from Lana'i, HI: We have a weekly walk and swimming group (all graduates of MOB). Over the years some of our participants have problems with walking so we do low impact swimming exercises. This was used as an incentive after they graduated MOB to keep moving and stay connected socially.