

IMPACT

University of Idaho
Extension

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Seventeen women certify to teach *StrongWomen*TM program

AT A GLANCE

Seventeen women from Idaho and surrounding states certified to teach the *StrongWomen*TM program. All indicated plans to teach or assist in teaching the program in their communities.

The Situation

The *StrongWomen*TM program has been successfully taught statewide since 2008. Each session generally runs twice a week for six weeks. In two Eastern Extension District counties, participants requested that the program be offered continuously. However, changing priorities and other demands prevented Extension Educators and staff from being able to meet this request. A need for volunteers to be certified to lead future *StrongWomen*TM classes was recognized. Although several volunteers were interested in becoming certified, traveling to already scheduled trainings was too expensive.

Our Response

After exploring several options, the most cost-effective response was to invite a *StrongWomen*TM ambassador to provide a certification course in Idaho, thus allowing many volunteers from Idaho and surrounding states to be trained.

The authors received \$2,380 from the Mildred Haberly Endowment in the University of Idaho School of Family and Consumer Sciences to reduce the cost for individuals to be certified. They hired a *StrongWomen*TM ambassador from Oregon to conduct the training. They invited Extension Educators and volunteers from Idaho and surrounding states to attend and secured a location and equipment for the hands-on training to occur. Seventeen women from Idaho,



2014 *StrongWomen*TM attendees, trainer, and organizers.

Utah, and Montana attended the May 2014 training in Pocatello, Idaho.

Program Outcomes

Participants were evaluated at the conclusion of the 7-hour training. The results are in Table 1 on next page.

All 17 participants indicated that they would teach or assist in teaching the *StrongWomen*TM program after attending this training. When asked how they planned to implement the program, responses were included in Table 2 on next page.

Table 1.

	Number that strongly agreed or agreed (n=17)
Overall, were you satisfied with the quality of the information you received?	17
Overall, were you satisfied with the quality of the exercise practice/ demonstrations?	17
Were your questions answered thoroughly and thoughtfully?	16
Did the workshop give you the tools you needed to teach the program?	15
Was attending the workshop a good use of your time?	17
Would you recommend this workshop to colleagues or friends?	16
Did the workshop meet or exceed your expectations?	17

Table 2.

	Number
Help teach an existing program	7
Begin a new <i>StrongWomen</i> TM program	6
Serve as a volunteer teacher in a program previously run by an extension educator	2
Share new ideas in the program I already belong to	1
Become a <i>StrongWomen</i> TM ambassador	2

FOR MORE INFORMATION

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