

**Lay Health Promoters for Training.**  
**First meeting with the selected candidates**  
**Agenda**

**Morning Session**

1. Welcoming Remarks
2. Introduction to get to know each other
3. Mujer Sana, Comunidad Sana- The Project
4. The New LHP Dance
5. Lunch

**Afternoon Session**

1. The Training program
2. Goals and Objectives
3. Schedule and Commitment
4. English Assessment
5. Las Piedras / Rock-life
6. Next meeting
7. Good bye

**Development of Afternoon Session**

Training/Goals and objectives: in this session, the LHPs were divided in groups of three. Each group had to answer four questions for each of the training components as follows:

**Training /Programming**  
***Entrenamiento y programacion***

Training components/ <i>Componentes del entrenamiento</i>	Questions/ <i>Preguntas</i>
1. Community Development / <i>Desarrollo comunitario</i>	1. What do you think it is? / <i>Que pienso que es esto?</i>
2. Peer support & facilitation / <i>Apoyo mutuo y animacion de grupos</i>	2. What do you want to learn? / <i>Que quiero aprender sobre esto?</i>
3. Health / <i>Salud</i>	3. What questions do you have? / <i>Que preguntas tengo sobre esto?</i>
4. Research – <i>Investigacion</i>	4. What do I bring to this area? / <i>Que apporto a esta area?</i>

## **Community Development/Desarrollo Comunitario**

### *Que pienso que es esto?*

- Acercamiento a la comunidad por medio de encuentros, talleres y actividades
- Mejorar y educar a la comunidad
- Mejorar los conocimientos de la comunidad y mantenerla lo mas informada posible para su crecimiento
- Desarrollo y logros que se alcanzan en la comunidad
- Conocer la tecnicas para conocer las necesidades
- Como adquirir los conocimientos para ayudar a mejorar la comunidad
- Accesibilidad a los diferentes recursos y con quienes podemos contar

### *Que quiero aprender sobre esto?*

- Como aprender el desarrollo para ayudar a mi comunidad a mejorar en todos los aspectos

### *Que preguntas tengo sobre esto?*

- Despues de que tiempo estaremos trabajanso en contacto con la comunidad?
- Cuales son los motivos por el cual la comunidad no participa?
- Como creemos que podemos lograr esto?

### *What do you think it is?*

- Outreach to the community through gatherings, workshops and activities.
- To improve and educate the community
- To improve the knowledge of the community and to keep it as well informed as possible to ensure its growth.
- Development and successes that are achieved in the community.
- To know the techniques to get to know the needs of the community.
- To obtain new knowledge to help improve the community.
- Access to different resources and who is there for us to count on.
- Workshop in Public Relations and diplomacy in communicating with the community.
- Information people bring to the community for their benefirt. Sharing our ideas in this mini-community.

### *What do you want to learn?*

- How to learn about development in order to be able to help my community to improve in all aspects.

### *What questions do you have?*

- After how long would we be working with the community?
- What are the reasons for which the community does not participate?
- How do we think we can achieve this?

*Que apporto a esta area?*

- Yo traigo las experiencias de ser una mujer hispanica viviendo en un pais muy diferente a mi cultura
- Conocimiento de mi comunidad
- Compromiso al desarrollo
- Mi disposicion y conocimientos para emplearlo al servicio de la mujer en la comunidad
- Muchos deseos de ayudar a nuestra mujer latina.

*What do I bring to this area?*

- I bring the experiences of being a hispanic woman living in a country that is very different from my own culture.
- Knowledge about my community
- Commitment to development
- My willingness and knowledge to be used to serve the women from my community
- Eagerness to help our Latin American woman.

**Peer support & facilitation / *Apoyo mutuo y animacion de grupos***

*Que pienso que es esto?*

- Es el apoyo que se le da a la mujer para lograr su confianza
- Es la informacion que se comparte entre grupos
- Compartimiento de la informacion entre dos grupos
- Saber escuchar, sin juzgar y tratar a todos por igual
- Es un trabajo de ayuda mutua

*What do you think it is?*

- It is the support given to women to achieve self-esteem
- It is the information shared amongst groups.
- Sharing information between two groups
- To know how to listen without judgment and to treat everyone as an equal (or in the same way)
- It is mutual support work.

*Que quiero aprender sobre esto?*

- Todo
- Me gustaria saber de los servicios en la comunidad
- Aprender como facilitar grupos y trabajar en grupo con armonia
- Adquirir mejores tecnicas para mejorar nuestras relaciones

*What do you want to learn?*

- Everything
- I would to know about the services in the community
- To know about how to facilitate groups and to work in harmony
- To obtain better techniques to improve our relations

*Que preguntas tengo sobre esto?*

- Como dar el apoyo y lograr lo que preciso
- Que debemos hacer para que ciertas situaciones no nos afecten personalmente
- Como Transmitir la informacion lo mas exacta posible
- Es posible trabajar en grupos?
- Si vamos a trabajar en grupos de 0 a 2 personas.

*Que apporto a esta area?*

- Mi confianza y mi tiempo
- Nuestra propia experiencia al trabajar en grupo.
- Relaciones humanas
- Buen deseo de ayudar a la mujer latinoamericana
- Energia, responsabilidad, confianza, paciencia.

*Que pienso que es esto?*

- Apoyo informacion y conocimiento en salud
- Como descubrir si me encuentro en peligro de cancer
- Es un examen fisico, en caso de la mama se puede hacerlo una misma siempre y cuando el dr. le haya indicado el procedimiento, y el acaso del uturo se tiene que hacer por un profesional.
- Es sentirse bien fisica y emocionalmente
- Tratar de encontrar signos de la enfermedad en su temprano comienzo, aprender a conocer signos de la enfermedad

*What questions do you have?*

- How can I give support and achieve what I have to do
- What can we do so that certain situations do not affect us personally
- How can we pass on the most exact information?
- Is it possible to work in groups?
- Are we going to work in groups from 0 to 2 people?

*What do I bring to this area?*

- My trust and my time
- Our experience in working in groups
- Human relations
- Great desire to help Latin American woman
- Energie, responsibility, trust and pacience

**Health/Salud***What do you think it is?/*

- Support, information and knowledge in health
- How to discover if I am in danger of getting cancer
- It is a physical exam, in the case of the breast, one can self-examine as long as the doctor has indicated the procedure. In the case of the uterus, it has to be done by a professional.
- It is to feel well physically and emotionally
- To try to find the symptoms of the disease at an early stage and to learn to know what are the symptoms of the disease.
- To take the steps to find about the sickness and avoid to get them or worse
- It's the ways and find out about it

*Que quiero aprender sobre esto?*

- Como aprender a no involucrarse emocionalmente
- Como auto-examinarse
- Como encontrar informacion en espanol para dar a las mujeres que no hablan la lengua( do we have it? Flyers, etc.
- Sintomas y procedimiento de prevencion – recursos accesibles por area-como educar a la familia (hijas)
- Quiero tener informacion lo mas exacta posible y update.
- Lo basico en las tecnicas para enseñar a la mujeres de que se trata el cuidado de la salud de la mamas y servis.

*Que preguntas tengo sobre esto?*

- Estaremos nosotras visitando algun hospital para ponernos al tanto del equipo que usan y poder explicar mejor el proceso?
- Hasta que limite sera el conocimiento de informacion a transmitir a la mujeres para conocer su situacion.
- Como mantenernos saludables?

*Que apporto a esta area?*

- Traemos conocimientos de como comer saludable y estar activos
- Energia, confianza, responsabilidad, paciencia
- El haberme hecho todos los examenes y saber de que se trata.
- Mi disponibilidad de aportar lo mejor para el sistema de salud en el cancer

*What do you want to learn?*

- To learn how to not to get involved emotionally
- To learn how to do self-examination
- How to find information in Spanish to give to the women that do not speech the language, (do we have it? Flyers etc.
- Symptoms and procedures about prevention – accessible resources in the area- how to educate the family (daughters)
- I would like to have the most exact information as possible and updates
- The basic in the techniques to teach women about taking care of the health of the breast and cervix.

*What questions do you have?*

- Will we be visiting a hospital to put us up-to-date on the equipment that is used so that we can better explain the procedures?
- What would be the limit to the knowledge of the information that must be shared with the women so that they know their situation?
- How can we keep ourselves in good health?

*What do I bring to this area?*

- We bring the knowledge of how to eat healthy and be active.
- Energy, trust, responsibility, patience
- To have done all the exams therefore being able to know what they are all about.
- My willingness to offer my best to improve the health care system in regards to cancer.
- I bring compassion and caring for my community to help to improve it.

### Research / *Investigacion*

#### *Que pienso que es esto?*

- Solicitar una informacion a la cual he sido entrenada en un proyecto especifico
- Es una fuente muy importante de la informacion como base de nuestro trabajo
- Pienso que es tratar de saber las barreras , obstaculo, problemas que se encuentran las personas la cual despues se recopila y guardara para estadisticas
- Es buscar las causas que han reacionado la enfermedad

#### *Que quiero aprender sobre esto?*

Adquirir las tecnicas que voy a aplicar para realizar este trabajo

Aprender las estrategias

Descubrir en que nivel estan los conocimientos de la persona en relacion al cancer de las mamas y cervis.

Cuales son las razones por que el cancer se ha incrementado en la comunidad latina.

Como se guarda o presenta la informacion colectada?

Queremos aprender como concientizar a la mujer de la importanciade los exámenes regularmente

Deseo de aprender y compartir con nuestros conpatriotas

What do you think it is?

To request the information for which I have been trained in a specific project.

It is a very important source of information as the basis for our work

I believe is to try to find out the barriers, obstacles, problems in which people find themselves in, then to gather that information and keep it for statistics.

It is to search for the causes that have triggered the disease.

#### *What do you want to learn?*

To learn the new techniques that I will apply to undertake this work.

To learn the strategies

Find out the knowledge level of the person in regards to breast and cervical cancer.

Which are the reasons for Cancer to have increased in the Latin American community

How to keep or to present the information that has been collected.

We would like to learn how to raise consciousness amongst women on the importance of regular check-ups.

I wish to learn and to share with our compatriots.

*Que preguntas tengo sobre esto?*

- Como encontrar metodos para trabajar con mujeres dificil de comunicar. (no accesibles)
- Que pasos se llevaran para encontrarse con las personas participantes en la investigacion?

*Que apporto a esta area?*

- Mi tiempo, apoyo y todo el deseo de ser util en algo tan importante a la sociedad.
- Dedicacion tiempo é interes

*What questions do you have?*

- How to find methods to work with women who are difficult to outreach to ( non-accessible)
- What steps will be taken to meet the research participants?

*What do I bring to this area?*

- My time, support all the eagerness to be useful in such an important matter for the society.
- Dedication, time and interest