



Canadian  
Cancer  
Society

**YOUR SUPPORT  
IS STRONGER THAN CANCER**

## **THE CANADIAN CANCER SOCIETY**

Did you know about 4 in 10 cancers can be prevented? At the Canadian Cancer Society (CCS), we educate people on how to reduce their risk of cancer and how some types of cancers can be found early through screening tests.

BETTER Women is a research program that goes beyond cancer to help women aged 40-68 reduce their risk of chronic disease by creating and achieving health goals. Activities such as getting screened, moving more, healthy eating, quitting smoking and, reducing alcohol intake can reduce a person's risk of getting cancer and other chronic diseases. Volunteer peer health coaches will provide regular support to women so they can reach and maintain their health goals.

Although much of the work is done independently, peer health coaches form a team supporting patients and work together with staff partners to provide ongoing enhancements and input into the development of the program.

The program is currently being offered by three sites: Summerville Family Health Team, Barrie and Community Family Health Team: Family Medicine Teaching Unit and Women's College Hospital Family Practice Health Centre.

## **Become a BETTER Women peer health coach!**

### **WHAT YOU'LL BE DOING**

To become a volunteer peer health coach, you will complete a **virtual** 24-hour online training program that will be delivered over the course of 5 weeks. While undergoing training, as part of a research study, you may be asked to complete questionnaires to evaluate the training program. Each questionnaire may take 20 to 30 minutes to complete.

As a volunteer **peer health coach**, you will join the BETTER Women program to **virtually support** women aged 40-68 achieve personal health goals that can help reduce their risk of chronic disease (being more active, healthy eating, quitting smoking, reducing alcohol, and getting screened).

You will be matched with a patient and connect with them by phone, text, email, or video conference for short 10-15 minutes sessions per week to coach them to reach their goals. Based on your availability, you may be matched with 1-5 patients at any given time (6-month timeframe per match).

Part of your work will include tracking outcomes, inputting patient information into the BETTER Women software, linking patients to CCS and other community resources, and providing regular updates back to your assigned supervisor.



When the BETTER Women program is implemented, we will continue the evaluation of the program. You will be asked to take part in research studies that will evaluate the BETTER Women program.

### **WHAT WE ARE LOOKING FOR**

Peer health coaches can relate to the group of women being supported through BETTER Women because of their own lived experiences and backgrounds.

#### *We are looking for:*

- ✓ **Women** between **40-68** who **have faced challenges in reaching health goals**.
- ✓ Who **understand these challenges** and have had **success in meeting** their own **health goal**, whether through healthier eating, walking more, quitting smoking, or cutting back and reducing alcohol consumption.
- ✓ Who are **non-judgmental and empathetic** towards others facing similar challenges.
- ✓ Who can **communicate effectively** and through a **variety of platforms** (phone, email, text, or video conference) and have basic computer skills.
- ✓ Who can **connect well** with a **variety of people** and **develop meaningful relationships** based on trust and strong listening skills.
- ✓ Who are **flexible in adapting** to different **people** and **situations**.
- ✓ Who are open with availability to **meet participant schedules**.
- ✓ Who have **strong organizational skills** to track conversations and report on the successes patients have.
- ✓ Who have strong **commitment to confidentiality**, the **privacy** of information and can maintain **high ethical standards** and professionalism by working within the boundaries of the program.

### **OUR INVESTMENT**

As an organization we will provide you with:

- Comprehensive training to become a BETTER Women peer health coach.
- Online resources and a peer health coach toolkit.
- A designated CCS staff member who will provide ongoing support.
- Regular meetings with other peer health coaches to build a strong community of practice.



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### **YOUR COMMITMENT**

- We are asking for a 1-2-year commitment of 3-4 hours per week due to the relationship-based nature of this role. The role can accommodate vacations.
- You have a willingness to be a part of a research study, contributing to project evaluation.
- Ongoing level of commitment which will include regular supervision check-ins and involvement within a community of practice.

To apply for this opportunity, [please submit an application](#).

Disclaimer: Peer health coaching is not counselling. Peer health coaches are not medical professionals and cannot diagnose or prescribe nutrition or physical fitness regimens. Peer health coaches are volunteers who are trained in motivational interviewing and work with participants to uncover their own goals and motivation for change.