



THE CANADIAN CANCER SOCIETY

Did you know that 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 40-65 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.

Join a program to become a BETTER Women peer health coach

WHAT YOU'LL BE DOING

To become a volunteer peer health coach, you will complete a 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 will be asked to complete three 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 support women aged 40-65 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 either through phone, text, email, video conference and/or in person 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 and inputting the patient information into the BETTER Women software and linking patients to CCS and other community resources and providing regular updates back to the Prevention Practitioner.

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 **40-65** who **have faced challenges in reaching health goals**.
- ✓ Who **understands these challenges** and have had **success in meeting** 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** in order 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.

YOUR COMMITMENT

- We're 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.



Canadian
Cancer
Society

- You have a willingness to be a part of a research study, contributing to project evaluation.
- We are anticipating an 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. They are not medical professionals and do not diagnose or prescribe nutrition, disease or physical fitness. They are volunteers who are trained in motivational interviewing and work with participants to uncover their own goals and motivation for change.