



Training Employers | Promoting Health | Maximizing Performance

## CDC Work@Health Train-the-Trainer Participant Survey

### Introduction to the CDC Work@Health Train-the-Trainer Participant Survey

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#### CDC WORK@HEALTH TRAIN-THE-TRAINER PARTICIPANT SURVEY

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Next



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### Introduction

Welcome to the Work@Health™ Program. You have been selected to participate in the Train-the-Trainer model. This model offers a knowledge- and skill-based training curriculum supported by an online coach and a professional instructor. The model establishes a core group of Work@Health™ Certified Trainers who are capable of providing basic comprehensive worksite health training to employers. The focus of this training will be on the development of knowledge and skills enabling participants to train others. This survey will assess your training and facilitation skills to train employers in the Work@Health™ Program.

#### *Informed Consent*

Before you get started, we'd like to give you some more information to help you decide whether or not you would like to participate.

- This project is funded by the Centers for Disease Control and Prevention (CDC). Many parts of this project are being managed by the ASHLIN Management Group (ASHLIN). ASHLIN is a private sector consulting firm with a focus in the area of health and human services and is based in Greenbelt, MD. They are helping CDC implement the Work@Health™ Program. The Public Health Management Corporation (PHMC), a non-profit, public health institute located in Philadelphia, PA, and part of the ASHLIN Team designed this survey.
- You are being asked to complete the survey because you will be participating in the Work@Health™ Program.
- The survey is designed to take about 20 minutes.
- There are no right or wrong answers or ideas – we want to hear about YOUR experiences and opinions.
- All of the comments you provide will be maintained in a secure manner. We will not disclose your responses or anything about you unless we are compelled by law. Your responses will be combined with other information we receive and reported in aggregate as feedback from the all respondents. In our project reports, your name and your employer's name will not be linked to the information or comments you provide.
- There are no risks or benefits to you personally for participating in this survey.
- CDC is authorized to collect information for this project under the Public Health Services Act.
- If you have any questions, you can contact Kristin Minot. Her phone number is 215-985-2519 and her email is Kristin@phmc.org.

Prev

Next



## CDC Work@Health Train-the-Trainer Participant Survey

### Training Skills

The focus of the Train-the Trainer training is on the development of knowledge and skills that will enable participants to train others. Before you begin the training, we would like to ask you a few questions about in-person and online training and facilitation.

**1. There are a variety of skills that research has shown to comprise the role of an effective trainer. Based on your past experiences with facilitating in-person and online trainings, please rate yourself on a scale of Very Weak to Very Strong on the following training skills.**

|   | Very Weak             | Weak                  | Average               | Strong                | Very Strong           |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Asking questions to gain information from individuals or a group  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Encouraging individual and group problem-solving                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Maintaining individual and group focus                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Giving verbal and written feedback                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Adjusting to verbal and written Feedback                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Providing guidance or direction for individual and group members  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Debriefing and summarizing discussions for individuals and groups | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Public and online speaking/presenting                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Setting measurable goals and learning objectives                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Prev Next



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### Effective Trainers and Trainings

The next questions are about effective trainers and trainings for worksite health programs.

**2. Which of the following are knowledge and skills of effective worksite health trainers? (Check all that apply)**

- Knowledge of, and preferably hands-on experience with, key elements and practices that comprise a comprehensive, integrated health and well-being program for companies of all sizes.
- Knowledge of evidence-based smoking cessation techniques.
- Knowledge of evidence-based weight loss techniques.
- Excellent presentation, motivational, and problem-solving skills.

**3. A Hands-on Learning Model works best for which type of learning style? Check all that apply.**

- Auditory learners who learn best by hearing a lecture or panel discussion and participating in a discussion
- Visual learners who learn best by looking at graphics, audiovisuals, demonstrations, or reading
- Kinesthetic learners who learn best by doing an activity

**4. Which type of Learning Model involves lecture, discussion, and interactive exercises?**

- Hands-on
- Online
- Blended

**5. Why is evaluation important to worksite health programs?**

- To demonstrate the value of a program to Management
- To provide a team building exercise for a wellness committee
- To support program morale

**6. Why is technical assistance valuable to employers building a worksite health program? Check all that apply.**

- Hands-on
- Online
- Blended

**5. Why is evaluation important to worksite health programs?**

- To demonstrate the value of a program to Management
- To provide a team building exercise for a wellness committee
- To support program morale

**6. Why is technical assistance valuable to employers building a worksite health program? Check all that apply.**

- Ensures success in building a worksite health program.
- Extends knowledge and skills learned in training.
- Builds employer recognition of worksite health programs.
- Responds to employers' needs.

**7. To what extent do you feel prepared to train employers on a worksite health program?**

- Not at all prepared
- A little bit prepared
- Somewhat prepared
- Quite a bit prepared
- Very much prepared

Prev

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