



## Group Leader Description

She's Healthy and Empowered (SHE) Tribe is a program that aims to gather women together, and pursue a lifestyle of health through making small changes that empower action for lifelong wellbeing. Tribes of 5-8 individuals gather together for 5 sessions to discuss themes including goal-setting, self-care, movement, food as fuel and social support. During these gatherings participants **set** goals, **do** the actions to achieve those goals and **reflect** on things that help and hinder personal wellbeing. SHE Tribe is supported by the University of North Texas Health Science Center (UNTHSC) and the YMCA.

Leaders who guide these gatherings are currently being referred to begin tribes. A group leader is seen as: *A female adult volunteer that is motivated to be trained in and implement the concepts of the SHE Tribe Program, to improve health and wellbeing of women in their life through small changes for sustained health improvement over a lifetime.*

### Group Leaders should have the following qualifications and characteristics:

1. Caring, friendly, respectful and respected by others.
2. Good communication skills including listening skills, and the ability to share information in a group setting. Teaching and leadership experience are a plus.
3. Committed to the health and well-being of themselves as well as their family, friends and community.
4. Good organizational and administrative skills. (Ex. Able to keep track of expense receipts and turn submit them in a timely manner.)
5. Able to commit their time and energy to the program for the duration of the SHE Tribe (usually 5 weeks).
6. Able to keep participant and program information confidential when needed. (Ex. Participants may talk about personal struggles or goals that are sensitive to them. Respect their right to privacy and keep matters in the tribe in the tribe.)

Leaders will receive giftcards to purchase healthy snacks or equipment that may be needed for the SHE Tribe gatherings.

Facilitation requires approximately 4-6 hours of preparation including the gatherings (1-2 hours shopping, 1-2 hours of preparation and 1-2 hours meeting with participants and following up with communication reminders).

## Primary Responsibilities include:

- Completion of program training (4-6 hours during two evenings)
- Recruitment of 5-8 women from your social network (co-workers, friends, people from organizations or clubs that you are involved with) to participate in SHE Tribe
- Secure meeting space whether in your home or at a local community space (ex. Church, club-house, park)
- Access to a computer and internet will be needed for communication with UNTHSC & YMCA as well as emailing links of health assessments or other materials and communications to participants
- Reminding participants of meeting dates and special requirements (ex. Filling out their pre-assessment or post-assessment); and also follow up if someone misses a meeting
- Using SHE Tribe program funds, purchase supplies that may be needed for sessions including snacks or other equipment.
- Distribute program incentives each week (shaker bottle, USB lanyard, journal, t-shirt, etc.)
- Implement program according to the **Discussion Guide** and in coordination with the SHE Tribe training to fit the needs of your tribe
- Hold all 5 gatherings within 8 weeks to maintain participant momentum
- Email UNTHSC Team with weekly feedback regarding each session and fill out the final evaluation at the end of the tribe sessions
- Turn in receipts from purchases for tribe meetings in a timely manner, and also to receive the midpoint giftcard
- Communicate with UNTHSC or YMCA team regarding any problems or issues with curriculum, participants or other relevant programmatic issues.
- Return extra supplies after gatherings and any final documentation to YMCA or UNTHSC
- Support sustainability of the program by identifying participants who may be qualified as future facilitators and encouraging these strengths through nominating their participation
- Consider leading additional tribes if the experience is valuable to you, your network and you have sufficient time to dedicate to the program



*She's Healthy & Empowered*



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Group Leader Application**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Do you regularly check email?    Yes    No

Mailing Address: \_\_\_\_\_

Are you employed:    Yes    No

If yes, what position and where? \_\_\_\_\_

Primary service(s) and service population: \_\_\_\_\_

\_\_\_\_\_

Please list any organizations where you have currently or previously been a member, or have served in leadership with (community, civic, recreational, religious, social, etc.).

<b>Organization</b>	<b>Role/Title</b>	<b>Dates of Service</b>

Please list any education, training, and/or certificates you have completed.

<b>Location</b>	<b>Degree/training/cert etc.</b>	<b>Date Completed</b>

What drew your interest to leading a SHE Tribe? \_\_\_\_\_

\_\_\_\_\_

How do you utilize technology in your life? (For example, how do you use your phone? How do you access a computer? Do you utilize social media?)

\_\_\_\_\_

\_\_\_\_\_

Do you have any experience facilitating groups or meetings? Yes      No

If so, what was your experience like?

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*What topic areas are you passionate about? (Please select/circle all that apply)*

Food Access	Maternal Child Health	Health Behavior
Public Health	Aging	Mental Health
Chronic Disease	Health and Wellness	Education
Homelessness	Trauma Services	Drug Treatment
Policy Advocacy	Family Services	Substance Abuse
Health Care Access	Environmental Health	Infection Control
Disaster Relief/Planning	Health Equity	Other: _____

On average, SHE Tribe facilitators dedicate about 3-6 hours per week preparing for and hosting a gathering, and communicating with their tribe. Would it be possible for you to commit the time over the course of 5 gatherings with a Tribe?

Yes    No

Do you have 5-8 people in your social network who may be interested in joining SHE Tribe?

Yes    No

Are you interested and able to lead a group speaking Spanish?

Yes    No

*I have read and agree to the SHE Tribe Expectations and Responsibilities.*

Yes

No

Signature:

Date:

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**Thank you for your application!**