

**Imagine YOU® Method  
Leader Certificate Program  
October 2017**



**October 12th and 19th, 9 am. - 1 pm. in Santa Rosa, CA**

**Imagine YOU... as you want to be, helps people explore WHY they want their best health.**

With this skills training, as a certified Imagine YOU Leader, you will be able to facilitate a 45-60 minute Imagine YOU group workshop AND work one-to-one with individuals using Imagine YOU.

Imagine YOU is a powerful tool for engagement. Individuals create and use tools to support their health and well-being, created from their own perspective and goals... not ours. Imagine YOU Leaders ask ‘ What matters most to you? and then guide people to go deeper to create their own ‘Image of Health’ - an empowered vision of their life and health goals.

The Imagine YOU Leader Certificate Program training details:

- 8 hours total in-class (2 four-hour sessions).
- Two on-site workshops, led by trainee and observed by Imagine YOU staff.
- Imagine YOU Leader Tool Kit to bring Imagine YOU into your organization or group.
- Imagine YOU implementation consultation with your organization.
- Guidance and tools to collect outcome data showing Imagine YOU impact.
- Leader certificate awarded after two successful onsite workshop observations.

**WHEN:** Two Thursday mornings, both required, **Oct. 12 and Oct. 19 , 2017, 9 am -1 pm**

**WHO:** Ellen Barnett, MD, PhD. creator of Imagine YOU; Program Staff

**COST:** \$595 *Subsidies are available to nonprofit organizations and social service agencies courtesy of our sponsors. Please contact us to set up a phone interview.*

**CONTACT:** Cynthia Calmenson [cynthiac@imcfound.org](mailto:cynthiac@imcfound.org) 707-284-9225 or 707-623-0151

**Registration closes Friday Sept. 29, 2017 at 12 noon.**

RN CME's available. Please inquire.

Imagine YOU is a program of the Integrative Medical Clinic Foundation (IMCF) and is included in the Upstream Portfolio. IMCF leads the What Matters to YOU Sonoma County Coalition as part of the global What Matters Initiative of the Institute for Healthcare Improvement. What Matters Sonoma County brings together organizations interested in finding out what they may learn by asking: ‘What matters to you?’ To join please visit [www.whatmatterssonomacounty.org](http://www.whatmatterssonomacounty.org).



**[www.imcfound.org](http://www.imcfound.org)**

# Imagine YOU® Training Registration Form

**Please print legibly:**

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

Email: \_\_\_\_\_

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

Agency/Organization you work for (if applicable): \_\_\_\_\_

Your profession: \_\_\_\_\_ Student(where?): \_\_\_\_\_

Do you have any experience facilitating groups and/or coaching individuals? Please explain:

Do you have any special needs?:

How did you hear about this program?

What attracts you to this program?

**If you are requesting a tuition subsidy please contact us via email to set up a phone interview with Cynthia Calmenson, Executive Director [cynthiac@imcfound.org](mailto:cynthiac@imcfound.org).**

**Full program cost: \$595** Subsidies are available to staff from nonprofit organizations and social service agencies, courtesy of our sponsors.

What amount will you/your organization pay toward the tuition? \$ \_\_\_\_\_

I/We will pay by:

- Check     Cash     Credit Card (contact us for online payment instructions)

**Registration deadline: September 29, 2017**

Registrations are not complete without payment. Please fill out one form per person.

No credit or refund if canceling after September 17, 2017.

\$75 administration fee for cancelled registrations.

***Please mail, fax, or drop off your form to:***

Integrative Medical Clinic Foundation EIN 68-0445149

Attn: Cynthia Calmenson, Executive Director

175 Concourse Blvd.

Santa Rosa, CA. 95403

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