



Master Trainer *Select*™ Program Overview

2024

Program Description

The Master Trainer *Select*™ program is offered by the Diabetes Training and Technical Assistance Center (DTTAC) at Emory University's Rollins School of Public Health to organizations that want to increase their capacity in offering the National Diabetes Prevention Program (DPP) through the ongoing training and development of Lifestyle Coaches within their organization and its network of partners.

This can allow for greater sustainability within large organizations and systems delivering the National DPP lifestyle change program and maintains a high standard of quality assurance for training. Master Trainers *Select* must be affiliated with an organization that has CDC's Diabetes Prevention Recognition Program (DPRP) preliminary, full, or full plus recognition, have completed formal Lifestyle Coach Training, and have direct experience delivering the lifestyle change program.

Eligibility Qualifications

When applying for the program, individual candidates must verify that they:

- Are affiliated with an organization that has preliminary, full, or full plus CDC recognition; **and**
- Have completed formal Lifestyle Coach Training from a training entity listed on the CDC website or from another DTTAC trained Master Trainer *Select*; **and**
- At a minimum, have direct experience with delivery of the lifestyle change program for 2 years, **and**
- Within those two years have led at least 2 groups of participants through the yearlong program prior to attending the Master Trainer *Select* program. More than the minimum requirement is strongly recommended; **and**
- Must stay active as either a Lifestyle Coach with a minimum of one cohort per year, **or** as a DPP Coordinator or similar program leadership role; **and**
- Demonstrate the following competencies: facilitate versus teach, provide constructive feedback to others, understand the importance of program and training fidelity, understand the CDC DPRP standards, role model facilitation skills and strong problem-solving skills; **and**
- Ability to provide ongoing support to the completers of the Lifestyle Coach Training.



Master Trainer *Select*™ Program Overview

2024

Program Requirements

Master Trainer *Select* candidates and their organizations are required to comply with the following quality-assurance steps to achieve and maintain Master Trainer *Select* status:

- Plan to train the first group of Lifestyle Coaches with a minimum of 5 trainees within 6 months of completing your training;
- Participate in a one-time, Master Trainer *Select* program training (\$1,675 fee);
- Participate in Master Trainer *Select* Annual Renewal (\$675 fee).

After the training:

- Register each Lifestyle Coach Training they facilitate for their organization or its network with DTTAC (including the date, location, and number of participants) at least one week in advance.
- Ensure a DTTAC online post-evaluation survey is completed by a minimum number of participants in each Lifestyle Coach Training that they facilitate.
- Complete and submit a post training report after each training as instructed by DTTAC.
- As needed, interact with DTTAC staff via phone and email to receive feedback and technical assistance based on participant evaluations and to stay up-to-date on resources and curriculum.
- Train within their organization or defined network partners as agreed upon with DTTAC and a maximum number of trainings agreed upon with DTTAC.
- Use DTTAC-provided structure and materials.
- Participate in an online update course (\$675 fee) after 12 months, to renew Master Trainer *Select* status and continue to comply with the bullets above for the next year.
- Must agree to not train less than 5 lifestyle coaches at a time.
- Provide ongoing Lifestyle Coach mentoring and support.

Master Trainer *Select* Quality Control Process

- Master Trainers *Select* candidates satisfactorily meet the eligibility requirements and complete the program application
- Master Trainers *Select* and their organizational sponsor are interviewed by DTTAC staff before acceptance into the program
- Once accepted, Master Trainers *Select* participate in an intensive, in-person or distance learning training with expert Nationwide DTTAC Master Trainers to prepare them to successfully train and support Lifestyle Coaches.
- Master Trainers *Select* receive access to standard DTTAC Lifestyle Coach Training slides, handouts, and a training workbook. DTTAC training materials have been tested, continually improved and proven-successful in training over 5,000 Lifestyle Coaches around the country.



Master Trainer *Select*™ Program Overview

2024

Master Trainer *Select* Quality Control Process

- DTTAC provides a link to an online evaluation for your Lifestyle Coach Training participants. DTTAC collects and analyzes training evaluation results and shares them with Master Trainers *Select* and their organizations to identify areas of improvement. DTTAC staff also may conduct in-person audits of trainings, as needed.
- Master Trainers *Select* are provided ongoing, personalized DTTAC technical assistance based on their needs, as well as resources to keep them up to date on the national program, the CDC Diabetes Prevention Recognition Program (DPRP) program, the curriculum and/or updates to training materials.
- Master Trainers *Select* are invited to participate in networking sessions to learn from each other throughout the year.
- Sponsor organizations can communicate to partners, funders, and program participants that their Master Trainers *Select* are quality-assured by Emory University's Rollins School of Public Health and the Diabetes Training and Technical Assistance Center (DTTAC), which developed one of the approved National DPP curriculum and the Master Trainer and Lifestyle Coach Training for the National DPP, originally under contract with the CDC.
- Master Trainers *Select* receive access to a space specifically dedicated to Master Trainers *Select* on DTTAC's Common Ground website where they can access up to date training materials, have the ability to collaborate with other MTS', ask questions of DTTAC's experienced trainers, and receive program updates.

Benefits of the Program for Organizations

- **Sustainability:** Having a Master Trainer *Select* allows organizations to scale and sustain lifestyle change programs efficiently over time, as the number of program participants grows or as there is turnover in Lifestyle Coaches.
- **Quality Control & Standards:** According to the CDC, having Lifestyle Coaches who are properly trained to implement the lifestyle change program is vital for high program quality and consistent results. Having effective, Lifestyle Coaches to deliver the program starts with quality training from a Master Trainer. Additionally, having an embedded organizational Master Trainer provides the opportunity for ongoing mentoring and monitoring of Lifestyle Coaches.

Master Trainer *Select* Contact

Visit our website [Diabetes Training and Technical Assistance Center](#) or contact us at MTS@emory.edu to learn more or apply to become a Master Trainer *Select*.