



## Remote Services Trainings with Dr. Jane Heinig

### OVERVIEW and SAVE THE DATES

---

We're pleased to offer this opportunity for Washington WIC staff to participate in a series of unique trainings to meet the needs of our current times. During both live webinars or recorded sessions, staff will explore along with Dr. Heinig, a variety of techniques and best practices for using a virtual platform in a WIC setting. The Nutrition Services Plan includes these **required** trainings. See Memo 2020 – 96 FFY 2021 Nutrition Services Plan (attachment A).

#### 1. Recorded video: THE BASICS - USING VIDEO TECHNOLOGY FOR REMOTE WIC SERVICES

- A 20-minute recorded video - available in The Learning Center in November.
- Intended outcome: Staff gain the skills and confidence needed to make the shift from in-person WIC services to remote WIC services in a virtual setting.
- Audience: All WIC Staff

#### 2. Live webinar: OFFERING INDIVIDUAL EDUCATION IN A VIRTUAL SETTING

- Live Webinar Dates:
  - Wednesday, November 18, 1:00-2:30 pm **OR**
  - Wednesday, December 9, 1:00-2:30 pm
- Recorded webinar available in The Learning Center in December.
- Intended outcome: Staff gain the skills and confidence needed to offer individual participant-centered nutrition and breastfeeding counseling in a virtual setting.
- Audience: All staff who offer nutrition education and breastfeeding support.

#### 3. Live webinar: OFFERING GROUP EDUCATION IN A VIRTUAL SETTING

- Live Webinar Dates:
  - Monday, November 23, 1:00-2:30 pm **OR**
  - Wednesday, December 16, 1:00-2:30 pm
- Recorded webinar available in The Learning Center in December.
- Intended outcome: Staff gain the skills and confidence needed to facilitate participant centered group nutrition and breastfeeding education sessions in a virtual setting.
- Audience: Staff who offer or plan to offer nutrition education and breastfeeding support in a group discussion format. **We encourage all clinics to have at least one staff attend (or view) group session training to explore using virtual groups, even if you haven't offered group sessions in the past.**

## Remote Services Trainings with Dr. Jane Heinig

### OVERVIEW and SAVE THE DATES

---

4. **Live webinar only: GROUP SESSION COACHING** - (Replaces the Train-the-Trainer webinars as mentioned in the Nutrition Services Plan)
  - Live Webinar Dates:
    - Wednesday, February 17, 1:00-3:00 pm
    - Wednesday, February 24, 1:00-3:00 pm
  - These sessions won't be recorded.
  - Prerequisite: **Must attend** *Offering Group Education in a Virtual Setting* live webinar or the recorded training prior to joining a coaching session.
  - Audience: Coaching sessions are for staff who have implemented (or will implement) group nutrition and breastfeeding education using video technology. Staff may choose to attend one session or both. Note: Facilitated Group Discussions can be 2 or more people joining a virtual session.

Live Group Session Coaching offers:

- Coaching and tips for optimizing your virtual groups to create an environment of learning and sharing for your WIC families.
- An open forum for sharing ideas and learning from other Washington WIC staff who use (or will use) a virtual platform for group sessions.
- Troubleshooting common problems and potential barriers.
- Strategies for creating engaging group discussions in a virtual setting.
- Questions and answers with Dr. Heinig.

INFORMATION ABOUT REGISTRATION COMING SOON FROM NUTRITION FIRST!  
SAVE THE DATES NOW FOR THESE EXCITING TRAINING AND COACHING EVENTS.

