



# CHW LEADERS COURSE



## GOWEN FIELD SEPTEMBER 9-13

FOR QUESTIONS OR TO REGISTER, CONTACT:  
**CPT MIKE RAMEY**  
**208-272-3271**  
[idngj9healthandwellnessbranch@army.mil](mailto:idngj9healthandwellnessbranch@army.mil)

The Comprehensive Health & Wellness Leaders Course is a 5-day program for E4(P) and above that focuses on coaching through motivational interviewing and organizational change. Students will learn tools and methodologies for effective communication and active listening to drive positive behavior change. Additionally, students will build skills and confidence in "collaborative organizational growth," learning to change the conversations within their units. This course is for those who want to grow as leaders and create lasting change with those they lead.

*"In practicing MI (Motivational Interviewing) today, I realized how unseen I have been feeling. The MI practice helped me see the deep work I need to be doing. Not only to better myself, but to better my Soldiers as well. This course has brought up a lot in myself that I didn't see hiding beneath the surface and it's only day one."*

*~Leader's Course Student 2023*



TO SCHEDULE A COURSE, EMAIL:  
[IDNGJ9HEALTHANDWELLNESSBRANCH@ARMY.MIL](mailto:IDNGJ9HEALTHANDWELLNESSBRANCH@ARMY.MIL)

FOLLOW US ON INSTAGRAM  
[@IDAHO\\_NG\\_HEALTH\\_AND\\_WELLNESS](https://www.instagram.com/IDAHO_NG_HEALTH_AND_WELLNESS)