



IIPC FOLLOW-UP PROGRAM

Research suggests that individual efforts to sustain change over time are best supported by engaging the assistance of other resources rather than relying on one's own good intentions. For that reason, CPEP offers a six session individualized Follow-up Program to the Improving Inter-Professional Communication Seminar (Seminar).

The goal of the Follow-up Program is to *support the Participant in actualizing his/her Action Plan for Sustained Change, which is developed during the Seminar*. A Seminar faculty member will work with the Participant as an Accountability Partner to provide on-going feedback, coaching and support to help achieve meaningful improvement in communication and team interactions.

The Accountability Partner will help the Participant:

- Create specific goals related to what he/she wants to accomplish
- Select the first steps to take after the Seminar
- Select an approach to sustaining new behaviors that cement the desired changes of the Participant
- Identify barriers to success as well as opportunities for success in every interaction
- Develop the habit of intentional behavior
- Continue exploration of his/her particular environmental or personal triggers and how to manage them
- Engage in a supportive and safe accountability process with positive and affirming reinforcement

Enrollment, Logistics and Fees

Participation in the Follow-up Program is *optional*. The Follow-up Program may be requested by a Seminar participant or by an employer or referring organization (if applicable), or it may be recommended by the Seminar faculty as part of the post-class, participant feedback process.

Upon enrollment, CPEP will assign an Accountability Partner to work with the Participant. The Participant may indicate a preference for the Accountability Partner; however, CPEP has the final decision regarding which faculty member is assigned.

The Follow-up Program provides six individual coaching sessions to be completed in six months or less. Time frames can vary, as guided by the Accountability Partner and agreed to by the Participant. The Accountability Partner and the Participant will meet on a regular basis, typically once or twice monthly. Sessions can be held face-to-face (as location allows) or via video conferencing or telephone.

The Follow-up Program includes a separate enrollment process and fee of \$1,950. For more information, or to enroll, call CPEP at 303-577-3232 and ask to speak with the Seminars Department.