

Samples of Consultations

Guided Process on Annual Program Plan

Challenge

Help an interdisciplinary Chronic Disease Prevention team with their annual program planning process.

Service received

Three face-to-face planning meetings with entire team – a tailored application of THCU’s program planning step model

THCU resources/tools provided/discussed

- THCU’s program planning workbook
- Evidence-based filters for suggested activities or projects
- Joint guidelines for assigning tasks
- Joint budget guidelines
- Stakeholder wheel

Actions taken as a result of the consultation

More joint team projects, instead of individual team member, or topic area projects, with an overall team focus on obesity prevention and workplace health.

Lessons learned

Although THCU’s tools and processes are useful on their own, tough questions about justifying the rationale for various programs are sometimes received better when coming from an external source, such as a THCU consultant, compared to colleagues and managers.

Barriers to taking advice/using the tools

There were different types of practitioners working together, e.g., nutritionist, public health nurses, health promoters, etc. (but wouldn’t necessarily label this a barrier, more of a learning experience or a challenge). The team was also initially concerned that an outside facilitator would bring in his/her own “agenda”; however, this did not happen.