**New Leader Training Application**

**Tai Ji Quan: Moving For Better Balance (TJQMBB)**

**Location: Virtual via Zoom**

Training Date: September 21 & 22 (8:00 – 5:00)

Please select **one** of the following follow-up Enhanced training one-day sessions:

Tuesday, November 23, 2021 (8:00 – 5:00)

Tuesday, December 7, 2021 (8:00 – 5:00)

Please note: Class session availability is based on the timing the applications are received.

***Instructions: Please provide the following information describing your ability to deliver TJQMBB classes in your community. Consult with your sponsoring organization for questions.***

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| Name: | | | Title: | | |
| Sponsoring Organization Name: | | | | | |
| Mailing Address ***for class materials***: Street: | City: | | | State: | Zip: |
| County where classes program will be provided: | | | | | |
| Email: | | Phone: | | | |
| *Why are you interested in offering TJQMBB classes?* | | | | | |
| *Please list your experience working with older adults.* | | | | | |
| *Please list your experience leading exercise or physical movement classes.* | | | | | |
| *Please list your experience, if any, participating in and/or leading Tai Chi or Tai Ji Quan classes.*  *(Note: This is not a pre-requisite.)* | | | | | |

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| *Training Capacity – Describe your plans to facilitate at least one 12-week (twice a week for an hour) class each year.* |
| *Please indicate any special accommodations you may require.* |

**I have discussed the following topics with my sponsoring organization (*check all that apply*):**

Location and space where classes will be held

Marketing

Fee for classes (if any) - Implementation materials for participants is minimal ($3-$5 per person per

class) and will be covered by a ND Department of Human Services grant for participants age 60 and

older. For additional information or questions on costs and reimbursement, contact Jane Strommen,

NDSU Extension.

Sponsoring organization’s commitment and support it will provide to you as a leader

**By checking each item below, I am agreeing to the specific responsibilities involved in becoming a North Dakota TJQMBB class leader. I agree to:**

Successfully complete the initial 2-day training session and one-day follow-up session.

Following the initial two-day training, register on Dr. Li’s TJQMBB website and practice with

Dr. Li’s video clips in preparation for your community class sessions.

Conduct at least one 12-week *(twice a week for an hour)* community-based class within the first

year and each year thereafter adhering to TJQMBB program fidelity.

Comply with program documentation and reporting requirements of NDSU Extension.

Additional comments:

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| Signature of applicant (type name as signature): Date: |

**Submit by email no later than September 7th to: jane.strommen@ndsu.edu**