

Frequently Asked Questions – For HP Unit Reps

Question:

I have been a rep for some time, but I don't really know how to connect with my unit.

Answer:

It can be hard to remain engaged over time, and environmental factors can change how we do things to give us even more challenges to overcome. Review the Orientation and Rep Handbook to see if anything inspires you. And send your rep coordinator a quick email. It is time to freshen things up! Let's work together to see what we can do.

Question:

I am a new Rep, and have no idea what I should be doing.

Answer:

Your role is to support your unit with information and resources and be an extension of the HP team. We need you to get information out, especially when our program schedule comes out. Many members have missed out on courses because they were not aware. Check out the HP Rep Orientation and Handbook. You can also reach out to the Rep Coordinator for a face to face meeting to get you off on the right foot.

Question:

When does your program schedule come out?

Answer:

Our Fall Schedule is for Sept-Dec, Winter/Spring covers Jan-June, and the Summer Schedule is for July and October. The program schedules are usually posted on the CAFconnection website and sent out to reps the month before programs start. Monthly emails to reps also highlight the programs being offered in that month, but keep in mind, some popular programs fill up quickly.

Question:

I heard your office loans out really cool stuff that our unit can use to promote health and wellness in a more engaging way. How can I find out what you have?

Answer:

We have Beverage dispensers (x4) to promote hydration, large games (prize wheels, Plinko, Test Your Knowledge), bells and buzzers, drunk and cannabis goggles, Pour a Drink activity, dietary models on fats and sugars, table top display boards that can be developed for any topic, several table top board games if you are interested in creating a health promotion board game café. Have a topic? We can help make your activity fun and engaging.

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Question:

I heard that you have cool SWAG and prizes that I can have to promote health and wellness initiatives in my unit. How can I get some?

Answer:

Send us an email providing some details on what you are planning. Are you looking for a specific number of prizes, or SWAG for all participants? How long will your initiative run? What are you hoping to achieve as a result of this campaign (Education and awareness of risk and protective factors for chronic conditions? Increased physical activity in my unit? Encourage healthier eating?)

Question:

I have an idea of something I would like to do, but I don't know where to start.

Answer:

Contact the Rep Coordinator. We can help!

Your Rep Coordinator: Joy Geizer, joy.geizer@forces.gc.ca, 902-722-4479