



# LiveWell Initiative Academy LWIA

*...living well by design*

## TRAINING BROCHURE 2014

- **First Aid / CPR, Basic Life Support (American Red Cross Certification)**
  - 'DeLuxe' Executive Health Series
- **Cervical Cancer Screening Training and Certification**
  - **Occupational Health and Safety (HSE)**
    - **Research Methodology**
  - **Nutrition and Wellness Promotion**
- **Self Branding & Superior Communication Skills**
- **Medication Therapy Management and Disease State Management: Diabetes Education**
- **International Certification Training Program in Immunization APhA (USA) Certification**
  - **Management and Organisational Behaviour (MOB)**
    - **State Management: Diabetes Education**
    - **Project Management in Healthcare**
  - **Etiquette, Body Language and Simple Courtesies**
    - **Leadership Training**
  - **Mental Health / Stress Management**
  - **HIV/AIDS Treatment and Counselling**

LAGOS | ABUJA | ACCRA

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## OPENING STATEMENT

*Dear All,*

*LiveWell Initiative LWI (RC 692490) is a health promotion non-profit organisation, which empowers the people through health literacy. Over the past four years, the LWI Faculty has prided itself with delivering the highest quality of training programmes, second to none in the health sector. It is on this foundation of excellence that LWI Academy, the training department of LWI, is built.*

*At LWI Academy we are committed to health education & empowerment, thus our curriculum covers a variety of carefully designed and impactful training programmes and certification courses covering topics from epidemiology to management & administration.*

*We believe that through the high-quality, relevant education we provide at LWI Academy our alumni will be equipped to impact others and improve services to in the best interest of humankind. Thus as social entrepreneurs in the health sector, the LWI Academy brand of training contributes towards reducing health illiteracy in the society; in line with the vision of LWI.*

*All trainers of the LWI Academy Faculty are practising professionals in their fields of speciality; however all are open to learning from each other irrespective of their status in the Academy. The Academy has a total of 5 Faculties inclusive of an 'Open' Faculty. The Academy is endowing 5 Chairs at inception. This is to encourage interested corporate organisations and individuals who may wish to contribute to the further advancement of the work of the Academy, to do so through this auspicious medium, which offers attractive incentives to the donors. The Faculty Members at the Academy total more than 30; of which 25 are listed in this brochure including the International Visiting Consultant to the LWI Academy, Prof Gary H. Smith (AZ, USA). This is not inclusive of the LWI Officers numbering over 150, who are in various fields of endeavour and are also trained facilitators at different levels of the learning continuum.*

*We believe in the principles of life long learning LLL; ... we want you to be the **best!***

*Our training programmes are DESIGNED for **all audiences** from **all walks of life** because we believe in the principles of 'concentric diversification' and 'horizontal learning'.*

*Above all, we aim to become 'the' centre of excellence - where the best quality healthcare, education, training and personal development are at the heart of all our activities for the benefit of society, and that of humankind at large.*

*Welcome to LWI Academy LWIA... the all-round learning institution for '**living well by design**'.*

*Sgd*

*Bisola Ayodele*, MPharm, PG Cert (Clin pharm), MRPharmS

**Administrator, LWI Academy**

## **ENDOWMENT OF CHAIRS**

- Research & Surveillance Chair – N1million\*\*\*
- Advocacy Chair – N 500,000\*\*
- Wellness Chair – N 250,000\*
- Management Chair – N 100,000
- Training Chair – N 20,000

*Endowment of Chairs attracts the following:*

- *Automatic individual membership for the donor for the calendar year*
- *Management Chair attracts automatic individual executive membership*
- *\*Wellness Chair attracts automatic bronze corporate membership*
- *\*\*Advocacy Chair attracts automatic silver corporate membership*
- *\*\*\*Research & Surveillance Chair attracts automatic gold corporate membership*

*Please accept the assurances of our highest regards and esteem.*

*Thank you.*

**LWIA Management**

# INTRODUCTION

## COURSE OVERVIEW AND DATES

### 1. **Health Education and Promotion**

#### 1.1 **Training Program in First Aid / CPR with American Red Cross Certification:** *Course Code LW00AE*

**1 Day** | N 30,000 or USD 225 per participant

February 21; April 12; June 14; August 2; October 4 2014

**Overview:** *Curriculum to include First Aid / CPR, Basic Life Support, The Emergency Triage, Rapid Responsiveness and Emergency Preparedness, and a Practical Demo Session / Exams / Certification / Closure*

#### 1.2 **Training Program in HIV / AIDS Treatment and Counselling:** *Course Code LW00HP*

**1 Day** | N 30,000 or USD 225 per participant

April 13; June 15; October 5 2014

**Overview:** *HIV/AIDS Advocacy, Counselling, and Testing (including epidemiology, prevention, clinical presentation, management of naive and advanced patients, treatment of pregnant females and children, Adherence, opportunistic infections) / Assessment test / Closure*

#### 1.3 **Medication Therapy Management and Disease State Management: Diabetes Education:** *Course Code LW00DE (USA Certified)*

**2 Days** | N 60,000 or USD 450 per participant

April 15 – 16; June 17 – 18; October 7 – 8 2014

**Overview:** *Medication Therapy Management, Medication Use Evaluation, Medication Related Problems, Diabetes Education, Disease State Management and Clinical Practice Guidelines, Medication Use System, Cardiovascular Diseases-Management and Prophylaxis, Diabetes Management and Counselling, Preventive Strategies and Sugar Control / Assessment / Closure*

#### 1.4 **International Certification Training Program in Immunization APhA (USA) Certification:** *Course Code LW00IM\**

**2 Days** | N 85,000 or USD 650 per participant (group discounts negotiable)

February 22<sup>nd</sup>-26<sup>th</sup> 2014 (Lagos, Abuja); \*other dates subject to demand; on request

**Overview:** *Vaccine-preventable diseases, Pharmacolegal & Medicolegal issues in Vaccination, AEFI, Adult Immunisation, Childhood Immunisation, Population-Specific Immunisation, and Practical Demo Sessions, Visitation to Vaccine Production Laboratory / Practical Assessment / Written Exams / Closure.*

#### 1.5 **'Executive Health Day'** – Healthcare Tips and Training for Executives

**Half-Day** | N 27,500 per participant

May 5<sup>th</sup> 2014 (men); May 4<sup>th</sup> 2014 (women); August 16<sup>th</sup> 2014 (men); August 17<sup>th</sup> 2014 (women)

**Overview:** *A 'peep' into gender-related health issues; a health literacy training for the high net-worth discerning individual; an opportunity to 'peep' into future health issues (age-related, gender-related);*

*stopping the midlife ‘meltdown’ before it starts! Very interesting; ‘hands-on’, very pragmatic... very health-filled!!!... Not one boring moment.*

**1.6 ‘DeLuxe’ Executive Health Series** – Advanced Healthcare Tips and Training for Executives with Accompanying Practicals

**3 Half-Days** | N 60,000 per participant

April 15<sup>th</sup> – 17<sup>th</sup>; May 4<sup>th</sup> – 6<sup>th</sup>; August 16<sup>th</sup> – 18<sup>th</sup>; October 10<sup>th</sup> – 12<sup>th</sup> 2014

**Overview:** A ‘peep’ into gender –related health issues; a health literacy training for the high net-worth discerning individual; an opportunity to ‘peep’ into Emotional Health, Stress Management, Nutrition and Wellness, Cancer Prevention & Screening, First Aid / CPR for Executives; Appropriate Exercise, Sex Life ...very interesting; ‘hands-on’, ‘very pragmatic’... very health-filled’!!!... Not one boring moment.

## **2. Behavioural and Social Sciences**

**2.1 Self Branding and Superior Communication Skills**

**1 Day** | N 19,000 or USD 120 per participant

April 5; October 18 2014

**Overview:** Personal self-branding, personal grooming, career limiting moves, and basic & advanced communication skills

**2.2 Etiquette, Body Language and Simple Courtesies**

**1 Day** | N 20,000 or USD 140 per participant

April 6; October 19 2014

**Overview:** This includes training on office etiquette, Table etiquette, Dining etiquette, Door etiquette, body language and courtesies, power rudeness.

**2.3 Training Program on Patient Hospitality**

**1 Day** | N 19,000 or USD 120 per participant

June 7 2014

**Overview:** Basic and Superior patient communication skills, patient counselling, global update on new trends on patient care, IAPO guidelines on patients rights, reverse reporting, Patients as partners to healthcare practitioners.

**2.4 Training Program on Adherence, Concordance and Clinical Governance**

**1 Day** | N 19,000 or USD 120 per participant

June 8 2014

**Overview:** Protocols for guidelines and compliance, Leaving a legacy, Clinical audits – Instituting & implementing, Responsibility, Monitoring & Evaluation of Clinical Outcomes.

### **3. Management and Administration**

#### **3.1 Management and Organisational Behaviour (MOB)**

**1 Day** | N 20,000 or USD 140 per participant

**March 22; July 5 2014**

**Overview:** *Definition of management, Organizational culture, Management theory, Informal organisation, Organizational structure, Maslow's theory.*

#### **3.2 Goal Setting**

**Half-Day** | N 16,500 or USD 110 per participant

**March 23; July 6 2014**

**Overview:** *Definitions: Drifters, Blamers & Procrastinators, Pitfalls in goal setting, Goal actualization & Success.*

#### **3.3 Responsibility, Authority and Accountability**

**1 Day** | N 25,000 or USD 150 per participant

**March 24; July 7 2014**

**Overview:** *Definition of terms, Delegation & Authority, Line & Staff Reporting, Power & Accountability*

#### **3.4 Project Management in Healthcare**

**1 Day** | N 30,000 or USD 200 per participant

**April 7; September 6 2014**

**Overview:** *Very few healthcare professionals have knowledge of management; even fewer still have a knowledge of project management...this training aspires to 'fill the gap', for improved health sector efficiency*

#### **3.5 Project Management Skills**

**Half-Day** | N 16,500 or USD 110 per participant

**April 8; September 7 2014**

**Overview:** *A 'hands-on' workshop, which covers the entire project lifecycle; basic project management skills and the basics for success; it lays a sound foundation for project management knowledge, technique and tools in a pragmatic way*

#### **3.6 Project Performance Management**

**1 Day** | N 30,000 or USD 200 per participant

**April 9; September 8 2014**

**Overview:** *Get the 'nuts and bolts' of time, cost, and budget; know how to take a project from plan to close*

### **3.7 Fundamentals of Strategic Planning**

**1 Day** | N 30,000 or USD 200 per participant

March 29; July 19 2014

**Overview:** *Enhancing knowledge of strategic planning; Understanding what senior management is thinking and why; Increasing your value to the organization*

### **3.8 Best Practices for the Multi-Project Manager**

**2 Days** | N 60,000 per participant

March 30 – 31; July 20 – 21 2014

**Overview:** *Putting the best concept, tools and techniques available for multi-project management to work for you and your organization*

### **3.9 Best Practices for Project Risk and Quality Management\*\***

**2 Days** | N 60,000 per participant

### **3.10 Project Leadership and Decision Making\*\***

**2 Days** | N 60,000 per participant

*\*\*Demand-driven; customized dates; minimum class of 20 people will determine dates*

## **4. Epidemiology / Biostatistics**

### **4.1 Research Methodology**

**1 day** | N 19,000 or USD 120 per participant

March 25; September 9 2014

**Overview:** *Definition and components of Research, Executive Summary, Synopsis, Approaches to health systems research, Research design*

## **5. Open Faculty**

- **Internships** – *Fees from N 20,000 (see brochure)*
- **Student Exchange Programmes** – *Fees from USD125 (see brochure)*
- **Mentoring** – *Free, Structured Mentoring*
- **Specialised and Customised Training Programmes** (*personalised; available on demand*)

### **Overview:**

**Internships / Student Exchange / Mentoring Programmes:** *LWI has trained over 100 internees at both postgraduate and undergraduate levels, over the past five years including internees from Des Moines University DMU (Iowa, USA), Babcock University Ilishan, University of Lagos, University of Ibadan, University of Abuja, The Bells University and Olabisi Onabanjo University among others.*

*LWI is an affiliate of the School of Public & Allied Health of the Babcock University, Ilishan, Nigeria and the organisation is currently co-supervising a PhD Project at the University of Helsinki, Finland.*



*At LWI, Interns and Exchange Students are assigned preceptors and co-preceptors within the organisation. They usually undergo a strict regimen and extensive in-house training at inception. They are thereafter exposed to external affiliates of the organisation as part of their internship training including exposure to the US Consulate and its web-based training, as well as health-facility, pharmaceutical plant or industrial tours. LWI Interns and Exchange Students are concurrently exposed to academic and professional practice.*

**Specialised / Customised Training Programmes:** *A 'demand-driven' initiative to fill social gaps in the worklife continuum; LWI designs training programmes from scratch, to suit each organization's needs.*

At LWI, our goal is to develop 'well-rounded professionals'. Thus, the LWI Academy slogan...'**living well by design'**

#### **Pre-requisite for LWI Internship:**

- The Academy will accept students in various fields of endeavor into its Internship program including students of Public Health, Medicine, Pharmacy, Nursing, Biochemistry, Microbiology, Journalism, Marketing, Management, Education, Microbiology, Economics, Biological, Physical or Social Sciences and other related fields.
- The LWI internship programme ranges from 6weeks – 1year
- Institutions are expected to pay a token 'training stipend' to LWI Academy for internship students and exchange students.
- However, individual students may approach the organization on individual merit; private fees are payable; however waiver of fees may be by barter

#### **Residency at LWI:**

The organisation is currently training Resident Pharmacists at a highly subsidized fee. The 6-month Public Health Residency Programme is a pragmatic, 'hands-on' public health training programme, which competes in parity with such programmes anywhere in the world, including Ivy League Colleges. It involves rigorous training in evidence based research and epidemiology, programme planning & implementation, international health, sustainability drive, funding strategy and innovation, and, logistics planning.

*Thank you.*

#### **LWIA Management**

## Our Faculty Members & Trainers

**Prof. Gary H. Smith**, Pharm D, FAPhA, FASHP, FCCP – International Visiting Consultant to LWI, Adjunct Professor and Infectious Diseases Specialist Az, USA

**Prof. Miguel Unzueta** – International Visiting Consultant to LWI, Associate Professor UCLA Anderson, USA

**Mrs. Bisi Bright**, MPH, FPCPharm, FPSN – CEO LWI, Consultant Clinical Pharmacist / Public Health Manager

**Dr. Femi Fasanmade**, MBBS, FWACP – Consultant Diabetologist /Senior Consultant and Lecturer

**Bukky Ogunsakin**, LLB, MSc (MN, USA) PhD (in-view) – Project Specialist, Project Management Institute of the United States Of America Certified; Project Consultant to LWI

**Dr. Djenane Romalho de Oliveira**, Pharm D, MSc, PhD –Pharmaceutical Care Specialis t/ International Instructor Brazil, Researcher and Author

**Prof. S. Famiyeh**, PhD – Ghana Institute of Management and Public Administration GIMPA

**Dr. Mollent Okech**, PhD – Human Resources Consultant, Kenya

**Mr. Funto Akinkungbe**, (Tonbridge, UK) BSc, MSc (Arch) – Marketing and HR Strategist / Consultant, Commonwealth Business Council CBC to Nigeria's Africa Recruit Scheme, the FJA Jobs / International Visiting Lecturer

**Mr. Anayo Agu** – Senior Commercial Specialist, USCG / Entrepreneurial & Leadership Trainer

**Prof. Oluyinka Ogundipe** – Consultant Paediatrician \_ Faculty Trainer, Immunization

**Mr. Niyi Aromolaran** – Executive Director, Crystallife Assurance Plc

**Mr. N.A.E Mohammed**, BPharm, MBA – Management Consultant/ GM Biostadt Swiss Company Ltd

**Pharm Biola Okeowo**, PharmD – Clinical Pharmacist / First Aid Certifier

**Dr. Oluremi Oladapo-Sanu**, MBBS – Family Medicine / Programmes Advisor

**Mrs. Bisola Ayodele**, MPharm, PG Cert (Clin pharm), MRPharmS – LWI Academy Administrator, Clinical Practice Pharmacist / First Aider

**Mr. Feso Bright**, BSc (ECONS), MBA (Oil&Gas), CEPMLP (Distinction) – Finance & Projects Tutor /Motivational Speaker

**Mrs. Ngozi Grace Ugwu**, SRN, BScN– Medicine Sans Frontiers (MSF) / PEPFAR / HIV/AIDS Counsellor / First Aider

**Dr. Jumoke Koyejo**, MBBS, FWACP – Family Health, Gender and Stress Management Faculty

**Dr. Wunmi Adekola**, MBBS Dip. PH – Public Health Consultant/ Health Safety and Environment

**Mrs. YejideWyse**, BSc, MSc, (Accts) – Head of Taxation, NLNG

**Mr. Bola Oyedepo**, BSc, MSc, MBA – Accountant and Taxation Consultant

**Ms Ife Sarumi**, LLB, BL – Governance Consultant

**Mr. Chinedu Mofunanya**, BSc (Econs), MSc Int Finance (Glasgow, UK) – Financial Manager & Project Strategist

**Dr. Bukky Adewakun** – Veterinary Faculty/ Health Safety and Environment Management/ First Aid

**Dr. Patrick Okhue**, MBBS – Immunisation Examiner and Family Health Faculty / Public Health / Health Safety and Environment Management

**Mrs. Seun Oyemade-Ademulegun**, BPharm, Doctoral Fellow, University of Helsinki, Faculty Office r/ Public Health / Health Safety and Environment Management / Lecturer, LWI

**Mr. Debo Jeff Johnson** – Management Consultant, Business Manager Business Minds

## Our Clients / Alumni

- **Guaranty Trust Bank Plc** – Executive Health Training; First Aid/CPR/BLS; HSE American Red Cross Certification
- **Lagos Business School LBS** – First Aid/CPR/BLS American Red Cross Certification
- **Stanbic IBTC Bank Plc** – Nationwide – Executive Health Training
- **Des Moines University, Iowa (USA)** – Internship / Capstone Project
- **First Securities Discount House FSDH** – Executive Health Training
- **ECOWAS** – Facilitator / Delegate, Public Private Partnership in the West African Pharmaceutical Subsector
- **American GQ Ikoyi** – First Aid/CPR/BLS American Red Cross Certification
- **Access Bank Plc** – First Aid/CPR/BLS Certification; Customized (Access Care Initiative)
- **First Bank Plc** – Executive Health Training
- **PZIL** – Executive Health Training
- **Chapel Hill Denham** – Executive Health Training
- **MTN Nigeria** – Executive Health Training
- **Babcock University** – Internship Collaboration
- **The Bells University** – Private Internees
- **Olabisi Onabanjo University** – Private Internees
- **Grange School, Ikeja** – First Aid/CPR/BLS Certification / Executive Health Training
- **Skye Bank Plc** – Executive Health Training
- **Protea Hotel, Ikeja GRA** – Executive Health Training; First Aid/CPR Certification
- **Lagos State Health Services Commission** – Patient Hospitality; Healthcare Capacity Development; Customised Clinical Pharmacy Training; Apex Nurses’ Training
- **MEDPLUS Ltd** – Healthcare Capacity Development; Customized Counselling Training
- **Nigerian Ports Authority** – First Aid/CPR/BLS Certification
- **SWIPHA** – Certification in HIV/AIDS Treatment and Counselling
- **LUTH** – Immunization Certification; First Aid/CPR/BLS Certification
- **FMC Owerri** – First Aid/CPR/BLS Certification; HIV/AIDS Treatment & Counselling
- **Healthcare International HMO** – Executive Health Training
- **VT Leasing Co.** – Executive Health Training
- **Nigerian Insurance Brokers Association** – Executive Health Training
- **Union Bank of Nigeria** – Entry Level Executive Health Training
- **Airtel Nigeria** – Breast and Cervical Cancer Screening / Counselling Programme
- **Martrax Limited** – Deluxe Executive Health Series
- **Banwo & Ighodalo** – Executive Health Training
- **Property Gate Nigeria Limited** – Executive Health Training
- **Crystalife Assurance** – Executive Health Training
- **Florence and Lombard** – Executive Health Training
- **Nikky Taurus Nigeria Limited** – Executive Health Training
- **British Gas** – First Aid/CPR and HSE Training
- **Nigerian Ports Authority NPA** – Deluxe Executive Health Series
- **Regency Alliance Insurance** – Public Health Fair/ Rural Health Outreaches
- **Vigeo Holdings Limited** – Executive Health Training
- **United Bank of Africa UBA Plc “Jogging to Bond”** – Physical and Mental Wellbeing Programme
- **At least 800 Individual Alumni Nationwide** – various international certification courses in first aid, diabetes education, HIV/AIDS and immunization (*\*an alumni register compiled*)

## Our Training Centres

### Lagos

- **LWI Academy LWIA**

FBA Suites, 2<sup>nd</sup> Floor, Plot 5, Chief Yesuf Abiodun Way,  
Oniru Road, Victoria Island, Lagos

- **Protea Hotel**

Isaac John Street, Ikeja GRA, Lagos

- **Protea Hotel**

Oakwood Park, Lekki Expressway, Chevron Drive, Lagos

### Abuja

- **Protea Hotel**

Bola Ige Close, Off Mohammadu Ribadu Street, Asokoro, Abuja

### Accra, Ghana

- **Fiesta Royale Hotel**

Motorway Extension, North Dzorwulu, Accra, Ghana

## Our Facilities

We train in a highly sophisticated environment with spacious arrangements, which make the environment serene with minimal number of participants. We use world-class five star hotels and conference centres at our different locations.

## How to Register:

**Website:** [www.livewellng.org](http://www.livewellng.org)

**Email:** [info@livewellng.org](mailto:info@livewellng.org); [training@livewellng.org](mailto:training@livewellng.org)

**Phone:** +234 (0) 704 144 2636 +234 (0) 704 430 3391 +234 (0) 704 430 3390

**General Phone Lines:** +234 (0) 704 144 2634-38

**Fax:** +234 (0) 1 463 0015

Thank you.

*Sgd*

**LWIA Management**