



Provider Accreditation Number: 9639

**Alan Brand**  
**Employee Wellness Consultant / Specialist**  
**Wellness Training Provider**  
**Owner / Sole Proprietor**  
**POSITIVELY ALIVE<sup>cc</sup>**  
**CK2010/002085/23**

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BEE Exempt - Micro Enterprise Level 4 EME Entity

## **HIV/AIDS, Peer Educator, + Counselling Skills Training Course.**

### **Unit Standard Information**

- SAQA US ID 114941 NQF Level 3 (Credits 4) Apply knowledge of HIV/AIDS to a specific business sector and a workplace
- SAQA US ID 13169 NQF Level 1 (Credits 4) Describe and discuss issues related to HIV/AIDS, TB and sexually transmitted illnesses and their impact on the workplace.

On achieving competency through the implementation of the Peer educator modules, the candidate will further obtain:

- SAQA US ID 13203 NQF Level 5 (Credits 3) Counsel Workgroup members in respect of HIV/AIDS
- SAQA US ID 14729 NQF Level 4 (Credits 3) Provide HIV pre-test information and support

### **Target Market:**

HIV/AIDS Peer Educators, Champions of Wellness + Community Workers and Care Givers

### **Entry Level:**

The delegate should have attended the 1 day **"HIV/AIDS Awareness"** training course prior to attending this course.

### **Course Duration:**

(2) Two full days.

### **Target market:**

This course follows the "HIV/AIDS Awareness" course. The core outcome is to equip the delegate with HIV/AIDS Peer Educator skills, as well as introduce the candidate to counselling skills and basic caregiver skills. Attendance of this course should be their own choice, as successful candidates will become involved in the Group's Peer Educators program. It is encouraged that every unit, division or sector has at least one Peer Educator.

### **Training Objectives:**

The aim of this training program is:

- The provision of educating skills to equip delegates with the ability to share basic knowledge about HIV/AIDS with their peers
- To equip the delegate with care giving skills and a basic understanding of counselling methodology to enable them to provide psychological and practical assistance to employees affected by HIV/AIDS.

### **Course Content:**

- The importance of sexuality and sex education
- Safer Sex, HIV and STDs
- Elements of behaviour change.
- Causes of risk behaviour
- Basic Counselling skills for caregivers
- Psychological states surrounding uncertainty and adjustment with HIV/AIDS.
- Features of counselling – Important skills
- Things to avoid in counselling
- Important non-verbal techniques
- Crisis counselling
- The 4 elements of a crisis
- Problem solving counselling
- Decision making counselling
- The counsellors values
- Counselling and communication
- Home based care.
- Introduction to ARV's
- HIV/AIDS awareness + Media techniques

### **Costs and Additional Information**

(Based on a minimum of 6 delegates but limited to a maximum of 25 delegates)

Daily training facilitation rate @ R 8, 500.00 / day. (R 17, 000.00 for the two days) + R120.00/delegate cost of printed manuals, evaluation and certification etc.



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**2 Day Training Courses: - For HIV/AIDS Peer Educator + Wellness Champions Training Module,**

- The listed training facilitation fees indicated are applicable where training modules are provided by Positively Alive at the clients own training premises, venues and/or facilities.
- The fees quoted exclude the costs of all meals, refreshments and any other miscellaneous items provided by the clients to the delegates.
- Handouts, worksheets and any other training aids provided by Positively Alive are included in the per delegate rate charged unless specified.  
(Training manuals, issued to delegates, as specified below will be billed at cost to the client)

*Discounts are available if clients are booking for more than one training session. Please make inquiries about discount rates for multiple training sessions. Should you not have large numbers of delegates please inquire about special price structures.*