



GETTING STARTED GUIDE

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Welcome

Congratulations on becoming a Kidney Health Coach® with the American Kidney Fund (AKF)! Thank you for joining us in our mission to fight on all fronts for people affected by kidney disease.

Kidney disease affects more than 1 in 7 American adults — an estimated 35.5 million Americans.¹ But most people don't even know they have it until they reach kidney failure. Millions more are at risk because they have a chronic (long-term) health condition. Diabetes is the leading cause of kidney disease. Other common causes include high blood pressure and heart disease.

As a Kidney Health Coach, you can change lives by raising awareness about kidney disease and its risk factors. You'll share practical tips to help people prevent and slow down kidney disease. Kidney Health Coaches do this important work in different ways, including:

- **Hosting education sessions:** in-person or virtual presentations to teach a group of people about kidney health
- **Posting on social media** platforms like Instagram, Facebook, TikTok, or X (formerly Twitter)
- **Tabling**, or setting up a table at community events to meet attendees and share educational materials
- **Hosting or participating** in podcasts, radio shows, online shows, or other media appearances
- **One-on-one coaching**, or meeting with someone to provide individualized guidance through informal conversations

¹ For more kidney disease facts, check out [this webpage](#) from the National Institutes of Health (NIH) National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

You can choose the approach that works best for you and the people in your community. In this guide, you'll find tips to help you reach people with the information they need to protect their kidneys. Together, we can empower people to take action and work toward a world without kidney disease.

Tip: Remember why you decided to become a Kidney Health Coach!



For example, maybe someone you care about has been affected by kidney disease. Or maybe you've been diagnosed with kidney disease and want to help others navigate our complicated health care system to get the help they need. When you run into challenges in your journey as a coach, it can be helpful to remember your "why."



AKF Educational Materials to Use and Share

You don't need to be a medical expert to be a Kidney Health Coach. AKF provides educational materials for coaches to use, so you can focus on building relationships and sharing your passion for kidney health — no MD required! Check out these AKF resources to support you throughout your coaching journey:

- **Education Session Presentation:** AKF recommends that all coaches use this PowerPoint presentation to guide your education sessions. You can download it from our [Kidney Health Coach Resource Library](#) (scroll down to “3. Education Session Presentation”).
- **Social Media Toolkit:** This approved toolkit from AKF has suggested content that you can use to share kidney health information and build connections on social media. For tips to help you get started with social media, see [page 26](#).
- **Conversation Starters:** If you have limited time to talk with someone or you're not sure what to say, you can use our conversation starters as a guide.

Tip: If people have specific medical questions, direct them to a health care professional.



In your conversations about kidney health, people may ask questions about their own health, taking medicine for kidney disease, nutrition and meal planning, or other complex health topics. In these situations, always encourage them to talk to their doctor or other health care professional.

For more AKF resources to use and share with your community, check out the **Coaching Resources section** on [page 32](#) or visit our [Kidney Health Coach Portal](#). On the portal, you'll find the [Kidney Health Coach Resource Library](#), which gives you access to all coaching materials including the presentation for education sessions, fact sheets, games, and more.

Find Your Audience — and Choose the Best Way to Reach Them

Your first step is to find your audience, or the people you want to reach with kidney health information. You can coach people you already know or look for opportunities to meet new people.

Your circle is bigger than you think!

Here are some ways to engage with people you know and build on your existing social circle.

Your family and friends

Let your family and friends know that you're a Kidney Health Coach. If you're interested in hosting education sessions, practicing — or even hosting your first session — with people you know can be a great way to get comfortable with presenting in front of a group.

You can host a session in person or virtually (online). If you want to plan an in-person session, keep in mind that you'll need to choose a location that can accommodate all your guests, and you may have to pay to use the space. On the other hand, you can host a virtual event for free using apps like Zoom and Microsoft Teams or social media platforms like Facebook and TikTok.

You could also offer to coach family, friends, or even friends-of-friends one-on-one. By meeting with people individually, you can provide personalized guidance to help people manage their kidney health. To make the most of one-on-one coaching, you'll need to figure out what works best for each person and customize your approach to meet their needs. If you have limited time to chat or you're not sure where to start, [check out our conversation starters](#).



Organizations or social groups you belong to

If you belong to a group that meets regularly, like a faith community, school or campus organization, hobby group, service organization, or civic group, offer to plan an in-person or virtual education session for your group. You could even host a session during one of the group's regular meetings or set up a table to share educational materials after the meeting. You could also volunteer to plan sessions for groups that your family and friends belong to.

Your online community

Post on social media to announce that you're a Kidney Health Coach and build interest among your followers. You can also use social media to post kidney health tips, promote any upcoming education sessions you have planned, or offer one-on-one coaching. Our [Kidney Health Coach Social Media Toolkit](#) is a great resource to help you get started.

If you're actively involved in an online community or have a large following on social media, hosting a virtual session could be a good fit. You could even host a live session and post the recording on social media to maximize your reach.

Tip: Check out the Volunteer Code of Conduct.



All Kidney Health Coaches are expected to follow AKF's [Volunteer Code of Conduct](#). Following this guidance can help you build strong relationships in your work as a coach.

Your coworkers

Talk to your work supervisor, human resources (HR) department, or affinity group about hosting an in-person or virtual session for your colleagues during lunch or after work. With your workplace's permission, you could also promote your education sessions or one-on-one coaching by posting a flyer or making an announcement at work.

Your school community

If you're in school, consider reaching out to a teacher or professor, student group, or residence life department. They may be interested in helping you plan an education session on campus. Or maybe they're already planning an event where you could set up a table and share educational materials with students, parents, faculty, or staff members. You could also ask to post flyers in common areas to promote one-on-one coaching or upcoming education sessions. If your child is in school, try reaching out to your child's teacher or parent-teacher organization to set up a session.



Your health care professional

Ask your doctor or other health care professional if they have any ideas to expand your reach. For example, some health care professionals host support groups for people with kidney disease and related health conditions like diabetes. They may have additional ideas on where to plan a session or how to reach people who are at risk for kidney disease in your community.

Media connections

Hosting or participating in podcasts, radio shows, online shows, or other media appearances can be a great way to reach a wider audience beyond your usual social circle. For example, some Kidney Health Coaches host their own podcasts or make guest appearances on others' platforms. If you have a friend who hosts their own show or works for a local TV or radio station, you could offer to participate in an interview about your work as a Kidney Health Coach. You could share kidney health tips on air or promote an upcoming education session, one-on-one coaching, or your social media account.

Before participating in any media appearances — on your own platform or someone else's — please email AKF at partnerships@kidneyfund.org. AKF will need to approve the speaking opportunity to make sure it aligns with our mission. We can also provide talking points to help you feel confident and make sure you share key kidney health information.

The Power of Community Partnerships

Building partnerships in your community can help you reach a wider audience.

Consider **reaching out to organizations** in your community, like:

- Your local health department
- Your city or town government
- Community-based or nonprofit organizations
- Health and wellness organizations
- Places of worship like temples, churches, and mosques
- Local libraries
- Senior centers
- Gyms and YMCAs



Ask the organization to team up with you to promote kidney health in your community. For example, if the organization is planning a public event, you could offer to set up a table or incorporate an education session into the event.

Tip: Make the most of your table.



Tabling is a great way to reach large groups of people. At crowded, busy events, quickly introducing yourself and passing out educational materials works best. You can also exchange contact info with the people who visit your table and follow up with them afterwards for more in-depth one-on-one conversation.

Many organizations have staff members who specialize in outreach and partnership building. They can help you expand your audience and reach people you might not otherwise meet. Plus, some organizations may have access to a space where you can plan an education session or medical experts who can join you in leading a session.

Planning Education Sessions

If you're interested in planning an in-person or virtual education session, we've got plenty of tips and resources to help you make your event a success!

Use our **education session presentation** to guide your session. You can download it from the [Kidney Health Coach Resource Library](#) (scroll down to "3. Education Session Presentation"). The presentation is designed to take 45 minutes to an hour, but you can easily cut it down to 15 to 20 minutes or extend it for longer sessions. When you're planning your education session, consider saving time for questions, interactive activities, or making connections after your presentation.

Make Your Pitch

If you've identified a specific group you'd like to reach (see [page 4](#)), it's time to make your pitch. Reach out to a leader of the group to introduce the Kidney Health Coach program and explain how an education session could be beneficial to them. Here's a script that you can use to start the conversation:

"As a Kidney Health Coach with the American Kidney Fund, I am passionate about working toward a world without kidney disease. I'd love to host an education session with your [members/organization/congregation] to discuss the basics of preventing, managing, and treating kidney disease.

There are steps that people can take to protect their kidneys and promote general health. But most people don't know they have kidney disease until it's too late, and they need dialysis or a transplant to survive. Kidney Health Coach is a free community health program that provides people like me with training and tools to educate others about kidney disease.

In my education session, I'll share kidney health information and educational materials provided by AKF. I'll also talk about ways to manage common causes of kidney disease like diabetes, high blood pressure, and heart disease, which affect many people in our community. Is this an activity your [members/organization/congregation] would be interested in?"

Choose a Date

Next, choose a date and time for your session. It's a good idea to choose a date at least a month away to give yourself enough time to prepare.

If you're planning a session for an established group (like a hobby club, workplace, school or campus organization, civic group, or faith community, for example), ask group members to help you choose a date. You can also ask members if they prefer to meet in-person or virtually.

If you're planning a session for a group that you don't know well (like a friend's book club, for example), you may want to ask a few more questions to learn about your audience's needs. For example, you could ask:

- Does an hourlong session work for you?
- How many people should I expect to join the session?
- How much do your members know about kidney health, if anything?
- Are there any group members who are Deaf or hard of hearing or have low vision?
- Are group members comfortable speaking and reading in English?
- Is there anything I can do to make the session more helpful and relevant for your group?

You could also ask if the group has a social media account, email newsletter, or other communication channels that you could use to spread the word about your session.



For In-person Events: Choose a Location

If you're planning an in-person session, you'll need to choose a location that can accommodate everyone. If you're working with an established group, they may have space you can use. Otherwise, check with your local library, community center, YMCA, or other places in your community to find out if they have space available on your preferred date. Here are some questions you may want to ask:

Cost

- How much does it cost to use the space?
- Is there a cost to cancel or reschedule if needed?

Timing and logistics

- How many people can the space hold?
- How early can I come to set up?
- When do you need my group out of the space?
- Where can we park? Is there a cost for parking?
- Is there public transportation, like a bus stop, near your location?

Accessibility

- Does the building have an elevator and a ramp so that wheelchair users can easily access the space?
- Does the space have accessible seats for larger people — like sturdy chairs without arms, for example?
- Where can we park? Is there a cost for parking?

Set up and equipment

- Does the room have tables and chairs? How many?
- Is there a computer, a TV screen, and Wi-Fi in the room?
- I'm planning to show a presentation during my event. Is there anything I need to bring with me?

For Virtual Events: Choose a Meeting Platform

If you're planning a virtual event, you'll need to choose a meeting platform. Here are a few free options to choose from. All these platforms have mobile apps and allow attendees to chat live during meetings.

	Zoom	Microsoft Teams	Facebook Live	Instagram Live	Youtube Live
Share your screen	✓	✓	✓		
Schedule a meeting in advance	✓	✓	✓	✓	✓
Share files during your meeting	✓	✓	✓		
Record your meeting	✓		✓	✓	✓
Maximum number of attendees	100 people	100 people	Unlimited	Unlimited	Unlimited
Time Limit	40 minutes	None	4 hours	1 hour	None

Keep in mind that online platforms and features may have evolved since this guide was updated in October 2025. Some platforms offer paid versions that come with additional features.

Get Ready for Your Session

Once you've chosen a date and location or meeting platform, use this checklist to plan in the weeks leading up to your session.

3-4 weeks before your session

- ☐ **Get your presentation slides and other educational materials to share during your session.**

In addition to your slides, we encourage Kidney Health Coaches to share educational resources during your education sessions. Download the presentation and free printable fact sheets from the [Kidney Health Coach Resource Library](#).

- ☐ **Spread the word.**

If you're planning an event for an established group, send out a calendar invitation by email. Include a brief description so people know what to expect from your session.

If your event is open to the public, post on social media and encourage others to share your post. Here's some sample language you can use:

As a Kidney Health Coach, I host education sessions to raise awareness of kidney disease and empower people to protect their health. Join my next session to find out how you can take care of your kidney health and prevent serious health problems. This event is free and open to everyone.

When: Monday, January 15 at 2 p.m.

Where: Townville Public Library (100 Main Street, Townville)

You can also post in social media groups or post flyers on community bulletin boards in shared spaces like local businesses, libraries, or community centers.

1-2 weeks before your session

☐ **Create an outline.**

Using your slides as a starting point, make a list of the 3 to 5 most important things you want people to learn from your session. Estimate how much time you'll spend talking about each topic. Then, consider adding interactive activities. You can use the activities provided in the presentation slides or add other activities like the examples on [page 16](#). Make sure to save time for questions at the end.

☐ **Practice, practice, practice.**

Reading through your presentation out loud a few times can help you feel more comfortable during your session. As you practice, think of questions people might ask and jot down the answers.

Several days before your session

☐ **Gather materials.**

Make sure you have your outline and educational materials ready to go. If you're planning an in-person session, you may want to bring printed copies of your presentation so that people can take notes, small incentives or prizes to encourage people to participate, and any materials needed for interactive activities.

☐ **Double check logistics.**

If you're planning an event for an established group, check in with a group leader to see if they have any questions leading up to the session.

For in-person sessions, check with the event space to make sure the room is booked and ready for you. Map the route to the location and plan to arrive early in case of traffic.

For virtual sessions, choose a quiet space ahead of time so you won't be distracted during your session. Then, test out your event platform to make sure the technology works as expected. Practice sharing your screen and make sure your audio is working.

☐ **Make a backup plan.**

It never hurts to have a backup plan in case of technical difficulties. For in-person events, you could bring a USB drive with a copy of your presentation in case the Wi-Fi stops working. For virtual events, consider choosing a backup meeting platform just in case your preferred app has a glitch. (For guidance on choosing meeting platforms, see [page 11](#).)

During Your Session

Follow these tips to make the most of your session.

Set the Tone

As people join the meeting, introduce yourself and explain what you do as a Kidney Health Coach. Then, share a quick overview of what people can expect to learn from your presentation.

For virtual events, turning your camera on can help you connect with your audience. Let your audience know that it's okay to turn their camera on or off — whatever makes them feel comfortable. Encourage attendees to mute their microphones when they're not speaking.














If time allows, try a quick icebreaker activity to learn more about your audience:

- Invite people to raise their hand or share in the chat if they know someone with kidney disease, diabetes, heart disease, or high blood pressure, or anyone who's on dialysis.
- Ask if anyone can name the #1 cause of kidney disease (answer: diabetes).
- Ask if anyone can name other common causes of kidney disease (answer: heart disease and high blood pressure).
- Ask people to write down what they know about kidney disease. Then, read a few answers aloud.

Finally, set expectations by asking your audience to hold questions until the end or encouraging them to share questions throughout the presentation — whatever you prefer.

Make Your Presentation Shine

Follow these tips to keep your audience engaged throughout your presentation.

 Do	 Don't
<ul style="list-style-type: none">  Speak clearly and loudly enough for everyone to hear.  Pace yourself so you can get to all the topics you have planned.  Use personal stories from your own life to illustrate key takeaways.  Invite your audience to share their own experiences.  Repeat the main points that you want people to remember.  If people have specific questions about their health, encourage them to talk to their doctor or other health care professional. 	<ul style="list-style-type: none">  Speak very fast, slow, or quietly.  Read your slides or notes word-for-word.  Eat or chew gum while presenting.  Take pictures without asking your audience if it's okay.  Give medical advice or answer questions you're not sure about.

Add Interactive Activities

Try these activities to make your presentation more fun and interactive.

Kidney health trivia

Resources needed	<ul style="list-style-type: none"> AKF's Quick kidney disease facts and stats handout Optional prizes for in-person sessions, like water bottles, stress balls, or gift cards worth \$5 to \$20
Before your session	<ol style="list-style-type: none"> Read through AKF's Quick kidney disease facts and stats handout. Make a short multiple-choice quiz (3 to 5 questions) to reinforce key facts about kidney disease. Here's a sample question and answer: <ul style="list-style-type: none"> How many people in the U.S. have kidney disease? <ul style="list-style-type: none"> A. 5 million Americans B. 35.5 million Americans (correct answer) C. 800,000 Americans To encourage participation, if you're hosting an in-person session, consider giving a small prize to the first participant who answers each question correctly.

Kidney health trivia

<p>During your session</p>	<ol style="list-style-type: none"> 1. For each question, read the question and the answer choices out loud, then ask participants to guess the answer. You can show the quiz on your computer screen or write it on a whiteboard. If you're hosting a virtual session, you can give participants the option to answer out loud or in the chat. 2. Announce the correct answer. 3. If you have prizes, give a prize to the first participant who guessed the correct answer.
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Kahoot!

<p>Resources needed</p>	<ul style="list-style-type: none"> • A computer or smartphone with internet access for each person • A screen to share the game (everyone will need to see your screen to play)
<p>Before your session</p>	<p>Check out our kidney disease Kahoot game. You can also create your own games at Kahoot.com.</p>
<p>During your session</p>	<ol style="list-style-type: none"> 1. Launch the game using the links above. 2. Ask attendees to join the game and answer the questions on their computer or smartphone.

Kidney filter demonstration

Resources needed	<ul style="list-style-type: none"> • 2 mesh sink strainers • Hot glue • 3 large clear plastic cups • Water • Chia seeds • Red food coloring
Before your session	<ul style="list-style-type: none"> • Fill half of the holes of strainer #1 with hot glue. • Leave strainer #2 as is. • Place all 3 cups on a table.
During your session	<ol style="list-style-type: none"> 1. Fill one cup with water and food coloring. Add chia seeds to represent “toxins” in the blood. 2. Place 1 stainer on top of each cup. 3. Pour the water into each strainer. Strainer #1 represents a healthy kidney that filters out toxins as expected. Strainer #2 represents a damaged kidney that lets all the toxins pass through and go back into the blood.

Heads up (for in-person events only)

Resources needed	<ul style="list-style-type: none"> • Index cards • Markers
Before your session	<p>On each index card, write a term related to kidney disease, like:</p> <ul style="list-style-type: none"> • Diabetes • High blood pressure • Heart disease • Dialysis • Kidney • Transplant • Diet • Exercise
During your session	<ol style="list-style-type: none"> 1. Ask for a volunteer to come to the front of the room. 2. Have your volunteer hold up a card in front of their forehead where the rest of the group can see. 3. Ask the audience to shout out clues until the volunteer guesses what word is on their card.

Meal planning

<p>Resources needed</p>	<ul style="list-style-type: none"> • AKF's KidneyKitchen®: Kidney-friendly eating patterns webpage • MyPlate nutrition handout
<p>Before your session</p>	<ul style="list-style-type: none"> • AKF's KidneyKitchen® is a website created to help people with kidney disease navigate healthy eating. Take a look at the kidney-friendly eating patterns webpage. Focus on the Tips for starting section of the webpage. This section introduces the idea of a plant-forward eating pattern and a simple visual called MyPlate that can help people plan healthy meals. • If you're hosting an in-person session, print a copy of this MyPlate handout for each person.

Meal planning

<p>During your session</p>	<ol style="list-style-type: none"> 1. Using the kidney-friendly eating patterns webpage for reference, define a plant-forward eating pattern and introduce MyPlate as a meal-planning tool. Give a few examples of healthy foods for each section of the plate: fruit, grains, vegetables, protein, and dairy. 2. If you're hosting an in-person session, pass out copies of the MyPlate nutrition handout. If you're hosting a virtual session, you can share the handout on your screen. 3. Ask each participant to create a meal by choosing one food to fill up each section of their plate. 4. Invite participants to share their meal ideas with the group. If you're hosting a virtual session, you can give participants the option to share out loud or in the chat. 5. Encourage participants to talk to a nutritionist or dietitian for more guidance on eating well with kidney disease. These professionals can help participants make sure their meal plan meets their dietary needs.
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Small steps add up

Resources needed	None
Before your session	<p>Make a list of small steps that people can take to reduce their risk for kidney disease or manage kidney disease. Check the education session presentation for ideas. (Download it from the Kidney Health Coach Resource Library – scroll down to “3. Education Session Presentation.”)</p>
During your session	<ol style="list-style-type: none"> 1. Near the end of the education session, ask participants to think of one small step they can take to keep their kidneys healthy. Give participants up to 5 minutes to brainstorm. 2. Invite participants to share their ideas with the group. If you’re hosting a virtual session, you can give participants the option to share their ideas out loud or in the chat. Make a list of participants’ suggestions on your computer screen or on a whiteboard. 3. To wrap up the discussion, recap some of the suggestions participants provided. Emphasize that when it comes to caring for your kidney health, small steps can add up over time. 4. If you have participants’ email addresses, follow up with a thank you email after the session. Attach the list of small steps to reinforce what participants learned during the session.

After Your Session

After your session, encourage participants to complete our Kidney Health Coach Attendee Evaluation and Demographics survey. By taking the survey, participants can share their feedback and help AKF improve our educational resources.

Ask participants to visit surveymonkey.com/r/KHCSessionSurveyEnglish or scan this QR code to complete the survey:



One-on-One Coaching

One-on-one coaching can be a powerful way to reach people with kidney health information specific to their needs. It can be as formal or informal as both of you want it to be.

For example, let's say your friend has diabetes and she's interested in learning about ways to lower her risk for kidney disease. You could set up regular coffee dates and share kidney health tips each time you meet or text her once a week to help her stay on track with her health goals. For a more formal approach, you could set up one-on-one coaching appointments with people in your wider social circle, like coworkers and friends of friends.



Clinical Conversations

If you're a health care professional, you can educate patients who are at risk for kidney disease about ways to manage risk factors like diabetes, heart disease, and high blood pressure. If you have patients who have been diagnosed with kidney disease, you can share guidance and educational materials to help them build healthy habits and prevent complications.

Tabling

Tabling, or setting up a table at a public event, offers the best of both worlds — you can reach a large group of people and have one-on-one conversations with people who are interested in learning about kidney health.

To get started, search for upcoming events in your area, like seasonal festivals or health fairs. Then, reach out to the event organizers and ask if you can set up a table. You can also reach out to local libraries, community centers, or colleges and universities and ask if you can set up a table at their location. Be sure to ask what resources will be provided — depending on the event and location, you may need to bring your own table and chairs.



Try these tips to make the most of your table:

- Bring educational fact sheets to pass out (for details, see [page 12](#))
- When someone comes up to your table, greet them with a smile and introduce yourself as a Kidney Health Coach
- Wear a name tag for faster introductions
- Ask open-ended questions to keep people engaged
- Make flyers to promote your coaching activities
- Consider bringing water bottles or healthy snacks to give away

Building Community on Social Media

As a Kidney Health Coach, you can use social media to:

- Share kidney health facts and tips
- Promote upcoming education sessions or public events you plan to attend
- Promote one-on-one coaching
- Reflect on your coaching journey

Tip: Check out our
[Kidney Health Coach Social Media Toolkit!](#)



The toolkit includes messages and graphics you can share on social media. You can copy and paste the messages, edit them as needed, or just use them as inspiration to get started.

Using AKF's Logo on Social Media

Some coaches create graphics or videos to share on social media. You are welcome to use AKF logos — just keep these simple guidelines in mind:

- Please don't make any changes to the AKF logo.
- Please share your graphic or video with AKF before you post. Email it to partnerships@kidneyfund.org for approval.

Creative Social Media Strategies

When it comes to posting on social media, we encourage our coaches to get creative. After all, social media content that feels authentic to you is most likely to resonate with your friends and followers. Some coaches have used social media to share their personal experiences with:

- Receiving and coming to terms with a kidney disease diagnosis
- Managing health conditions that are risk factors for kidney disease, including diabetes, high blood pressure, and heart disease
- Incorporating healthy eating and movement into their routine
- Caring for a loved one with kidney disease

For more creative ways to use social media, [check out this recorded training](#) from the Kidney Health Coach Collaborative.



Coaches in the Spotlight: Participating in Media Appearances and Speaking Opportunities

Some media-savvy Kidney Health Coaches have used their own platforms to educate their audiences about kidney health. For example, Coach Craig Merritt shares his experience with kidney disease and educates others through his podcast, [The Kidney Korner](#).



Of course, you don't need to have your own show to get the word out! Participating in interviews is another powerful way to reach people you might never have the chance to meet. Media professionals often reach out to AKF to get connected to members of the kidney community. Coach Tamara Y. Walker shared her personal experience with the Georgia Transplant Foundation in [this insightful interview](#).

Tip: Check with AKF first.



Always check in with AKF before you commit to any media appearance or speaking opportunity. We can also provide talking points to help you feel confident and make sure you share key kidney health information. Please email us at partnerships@kidneyfund.org with information about the opportunity.

Logging Your Coaching Activities

AKF asks all Kidney Health Coaches to keep a record of their coaching activities. Please use the log to track activities like:

- Hosting an in-person or virtual education session
- Meeting with a community member one-on-one
- Participating in a media interview or hosting your own show
- Hosting a table at a public event

You can record your activities at any time, but filling out the log shortly after each activity can make it easier to remember the details.

Why Complete the Activity Log?

It just takes a few minutes to fill out the log, but the benefits of logging your coaching work can really add up:

- You'll be able to access a detailed record of your coaching and the people you've reached. You can use this information to reflect on what went well, identify things you might like to do differently next time, and plan for future activities. Email partnerships@kidneyfund.org to request your record.
- You can share feedback to help us improve the Kidney Health Coach program and make it an even better experience for coaches like you.
- Plus, we occasionally offer incentives like gift cards, raffles, and AKF swag bags to coaches who have completed their logs!

Tip: Bookmark the [activity log](#).



If you bookmark the log, you won't have to search for it every time you complete an activity. You can even bookmark it on your mobile device so you can fill it out on the go — right after your next in-person education session, for example.

Frequently Asked Questions

Where can I get resources to use and share at my next education session?

The [Kidney Health Coach Portal](#) is your one-stop shop for AKF's educational resources! On the portal, you'll find the [Kidney Health Coach Resource Library](#), which gives you access to all coaching materials including the presentation for education sessions, fact sheets, games, and more.

What should I do if people ask me for health advice or ask me complicated medical questions?

In your conversations about kidney health, people may ask questions about their own health, taking medicine for kidney disease, nutrition and meal planning, or other complex health topics. Keep in mind that your role as a coach is to educate them about kidney health, not to give them personal or medical advice about their own health situation. In these situations, always encourage people to talk to their doctor or other health care professional. (If you are counseling a patient as their health care professional, of course, you're welcome to share guidance based on your medical expertise.)

Tip: Review the Volunteer Code of Conduct.



AKF asks all Kidney Health Coaches to follow our [Volunteer Code of Conduct](#). Following this guidance can help you lead respectful and informative conversations.

I'm planning an education session at a venue that doesn't have a computer, TV, or projector. How can I give my presentation?

Here are some ideas to try:

- Print out copies of the slides for your attendees. That way, they can take notes on each page as you talk through the presentation.
- Ask if the event venue has a chalkboard or dry erase board. If not, bring an easel-sized notepad. Write down key words as you introduce them during the presentation.
- Request a flipchart (a spiral-bound copy of the presentation for education sessions). Instead of showing slides, you can use the flipchart as a visual aid throughout your presentation. **Note:** Flipcharts are only available as supplies last.



How can I encourage people to come to my education session?

Spreading the word on social media is a great place to start. Check out our social media tips on [page 26](#) for ideas to help you get started. If you're hosting an education session that's open to the public, you can also post flyers on community bulletin boards at places where people gather, like local libraries, restaurants, community centers, and grocery stores.

You can also team up with other coaches in your area to plan an event together. If you're interested in collaborating with other coaches, [fill out this form](#) to add your information to the Kidney Health Coach Directory.

Where do I log my coaching activities?

[Fill out this log](#) to record your activities. You can complete the log at your convenience – after wrapping up each activity, at the end of each year, or at any time throughout the year.

Coaching Resources

AKF is here to support you throughout your coaching journey. Check out these helpful resources for Kidney Health Coaches:

Discover AKF's Educational Resources

- **Education Session Presentation, Fact Sheets, Games, and More:** Get ready for your next education session with resources from the [Kidney Health Coach Resource Library](#).
- **Kidney Health Webinars:** Watch and share educational webinars about living well with kidney disease.
- **KidneyKitchen®:** Discover kidney-friendly recipes and information about healthy eating with kidney disease.
- **Kidney Health Coach Collaboratives:** Virtual trainings where coaches make connections and learn more about kidney disease.

Tip: Check out the [Kidney Health Coach Portal](#)!



On the portal, you can explore educational kidney health resources in the [Kidney Health Coach Resource Library](#).

Make Connections in Your Community

- **Social Media Toolkit:** This toolkit has suggested content that you can use to share kidney health information on social media.
- **Conversation Starters:** If you have limited time to talk with someone or you're not sure what to say, you can use our conversation starters as a guide.
- **Flyers:** Use these flyers to spread the word about your next education session and encourage others to become a Kidney Health Coach.

Keep Up with What's Happening at AKF

- **AKF's Website**: Learn about all of AKF's programs and services to support kidney disease prevention, management, and treatment.
- **Kidney Health for All**: Discover AKF's centralized online resource aimed at improving health equity in kidney disease, with a focus on reaching people from racial and ethnic minority groups disproportionately affected by kidney disease.
- **Kidney Action Week**: Learn about AKF's annual Kidney Action Week — a week of free virtual education sessions to help people prevent and manage kidney disease.

Don't Forget to Track Your Progress

- **Activity Log**: Fill out this log to keep track of your coaching activities.

Have additional questions on how to get started?



We're here to help. Email us at partnerships@kidneyfund.org for support.