



Possibilities Life Coaching

Motivational Interviewing & Coaching Tools for Health Practitioners Workshop

A brief outline of what to expect...

Motivational Interviewing & Coaching Tools for Health Practitioners is a full-day (9:00am – 4:30pm) interactive workshop in which participants learn and practice tools for effective health-related behaviour change.

The workshop begins with an introduction to motivational interviewing and coaching as a model for health promotion and health behaviour change. We introduce the specifics of the client-centred model, and inform participants about how the day will unfold...this highly interactive workshop is *not* a lecture-style sit-down-and-take-notes all day type of experience. During the workshop we focus practical tools that can be used when working with clients who want to prevent a health-related problem or promote a health-related goal. We demonstrate to teach the tools/skills, and participants start working with the tools during the workshop. We have break-out sessions during which participants partner-up and practice the tools with each other, and we provide feedback/assistance as they are practising the tools. We focus on applying basic components of the model that we have found work best in behaviour change situations. Participants leave the workshop with additional tools to add to their professional "tool boxes", and these tools can help them work with individuals to facilitate positive health behaviours and help reduce negative ones. Some of the specific tools/skills used include: helping to anchor behaviour change goals to clients' personal values; dropping assumptions in service of helping the public change behaviours; learning to ask powerful questions; using 'tangible' agreements for helping to get clients' following through on their desired behaviours; and helping people change their perspective in service of making better choices for themselves. The value of this model in health promotion while helping to reduce practitioner burn-out is also discussed and explored. Each participant receives a workshop folder which includes additional resources.

For additional information about us, our work, or our research, please visit the website:
www.possibilitieslifecoaching.com