

Consolidate your learning and motivational skills

Motivational Skills Reflective Case Study

2 hours allocated.

Complete a reflective case study that demonstrates the application of your learning. Submit the case study within 2 months of attending the one day workshop. Pass criteria and requirements will be discussed in full at the workshop.

All case studies will have feedback provided. If your case study does not meet the criteria, it will not pass. You will be provided with more support and will be able to resubmit with one further attempt.

For all participants whose case study meet the pass criteria a certificate of achievement will be awarded.

An additional fee (\$50) covers further coaching as required with written feedback and certification provided.

Registered Exercise Professionals completing the workshop and meeting the case study criteria will be awarded 10 CPD points.

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ChangeTalk Ltd

Facilitator: Sharon Bennett
RN, RM, BHLthSc, BSc(hons), PGdipHLthSc, Cert adult teaching
Heathcote
Christchurch, 8022
Phone: 021 030 2222
E-mail: sharon@ChangeTalk.co.nz
www.ChangeTalk.co.nz



Get the best out of your clients by giving them your best

Motivational Skills for Health & Exercise Professionals

Applying evidence-based research
for keeping your clients motivated

What is Motivational Interviewing (MI)?

Developed by W. Miller and S. Rollnick, MI is a powerful approach to facilitating change. Initially designed to support people out of addictions, now it is a strategy for creating and influencing almost any type of behaviour change.

Why should Health and/or Exercise Professionals know about or use MI?

As a Health and/or Exercise Professional you'll already know the importance of building rapport and engaging effectively with your clients. MI builds on this and provides a framework and approach to ensure that you remain client focussed. By developing the micro skills of MI you will be able to more clearly and strategically support your clients to reach their goals.

Often your clients have more than one goal, eg, get fit and lose weight or feel healthy and drink less (alcohol), or better manage blood sugars and energy levels. What we're saying here is that often its not just about exercise; it's about health. There are areas such as smoking, drinking, taking medications, eating too much or too little that are big issues for many people.

As the expert, it can be really tempting to simply tell clients what they have to do to get their health sorted. Have you noticed though, that telling people what to do doesn't always work? And if it does work it doesn't last long and the person slips back into their old patterns and habits quite easily.

By developing MI skills you will discover how to elicit from your client what they need to do and how to strengthen your clients motivation. This will ultimately help them to reach and maintain their goals.

When they succeed you succeed! Let MI help you to succeed!

Join us for a one day workshop 9am - 4.00pm to:

1. Maximize and develop specific skills that keep others motivated towards achieving a specific change in behaviour
2. Learn how to strengthen an individual's motivation for change
3. Identify key elements to creating the "right" atmosphere

Topics for discussions and group activities include:

- Principles
- Change
- Behaviour; habits and beliefs
- The "righting reflex"
- Intrinsic and extrinsic motivation
- "Our bag of stuff"
- Creating trustworthy communication
- The spirit of MI
- The MI process
- Solution focussed language
- Questioning
- Listening
- Self-efficacy
- Affirmations
- Reflections
- Change talk and sustain talk
- Evoking change talk
- Strategies for putting it all together

Workshop attendance is \$247 plus gst. Morning and afternoon tea/ coffee with light snack is provided. Participants are to organise their own lunch.

Email Sharon@ChangeTalk.co.nz to find out when the next workshop will be in your location.