NH Community Health Workers: Register Now!

Motivational Interviewing: A Conversation About Change

Virtual 4-Part Series



July 28, Aug 4, 11, 18 9:00am-12:00pm



Overview and Objectives

Motivational Interviewing (MI) is a specific way of discussing change. MI helps to discover a person's values and interests, decrease barriers, and increase readiness for change. MI provides concrete, person-focused tools that build engagement and help to address ambivalence.

Participants will:

- Describe active listening and its impact on the behavior change
- Explain the four processes and mind-set (spirit) that guide MI conversations
- Describe how to effectively provide information and suggestions
- Demonstrate the use of OARS

Find out more at https://bit.ly/MlforCHWs

This free training is led by Motivational Interviewing Trainer (MINT) Lisa Stockwell, M.ED of It's Your Journey! LLC.

*All training participants must use their computer video and audio during practice sessions and must attend all 4 sessions to receive a certificate of attendance.







https://bit.ly/MIforCHWs

Questions? Contact: Amber Culver at (603)259-4804 or aculver@nchcnh.org

Learn more about the NH CHW Coalition at **NH**CHW.org



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