

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/MIforCHWs>

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



Register today!

<https://bit.ly/MIforCHWs>

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

Learn more about the
NH CHW Coalition at
NHCHW.org

**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.*

Training
is provided by:



North Country
HEALTH CONSORTIUM

