

Learn to Better Support our NH Families

To help support the development of our youngest residents, we are offering various **free virtual trainings to teachers and agencies** to learn – or build on your interpersonal communication skills with families and other professionals.

This year's trainings will include Adverse Childhood Experiences (ACES), Motivational Interviewing (MI), Managing Compassion Fatigue, and a 3-Part Mini Conference.

coming up:

Motivational Interviewing

A FREE WORKSHOP!

A Conversation About Change

Learn how to help families make meaningful life changes toward the health of their child.

PRESENTED BY Lisa Stockwell, M.Ed, Owner of It's Your Journey, LLC

JAN 31 + FEB 7 (2 TUESDAYS) 9:00AM-NOON

(ATTENDANCE AT BOTH SESSIONS IS REQUIRED FOR COMPLETION)

Motivational Interviewing (MI) is used by different types of professionals in a variety of settings including **healthcare organizations, businesses, schools, and caregivers.**

MI is a very specific way of having a conversation about change. This process discovers a person's value and interests. Designed to decrease barriers and increase readiness to make a change, MI provides concrete, person-focused tools to help address ambivalence and engagement.

This interactive training will help you learn how to bring awareness to individuals about the discrepancy between their current behavior and their future goals.

In this course, you will learn . . .

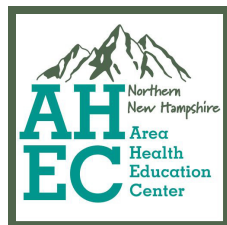
- ▶ Active listening and its impact on behavior change
- ▶ How our intent can influence the behavior-change process
- ▶ The 4 processes and mindset that guide MI conversations
- ▶ How discord impacts our relationships
- ▶ How to effectively provide information and suggestions
- ▶ How to use OARS (Open-ended questions, Affirming, Reflective listening, and Summarizing)
- ▶ How to recognize sustain talk, change talk, and commitment language

EARN UP TO 5.5 CONTINUING EDUCATION CREDITS. [CLICK HERE FOR DETAILS.](#)

REGISTER TODAY:

https://nchnh.info/MI_SupportNHFamilies

QUESTIONS? Contact Amber Culver at 603-259-4804 or ACulver@NCHCNH.org



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