



Introduction to

Motivational Interviewing & Health Coaching Training

We are offering a **1-day Introduction** or **2-day Intermediate** training course to introduce you to Motivational Interviewing & Health Coaching. These courses will equip you with the confidence and skills to transform your conversations with patients and to support you in providing personalised care.

Delivered in small groups by expert coach-trainers, they contain a mixture of learning, reflection, and practical application to start your health coaching journey. In these courses you will learn:

- Core skills for person-centred conversations
- Practical tools and techniques to build your skills in a health coaching approach
- Insights into motivation, ownership and confidence
- The secrets of behaviour change

These courses are delivered via Zoom. The 2 days of the Intermediate course will be 3 to 4 weeks apart.

Who Is the Training for and How to Book?

1-Day Introduction

The 1-Day Introductory course is open to all health, social care and VCSE staff and volunteers across West Yorkshire and Harrogate who are interested in learning more about how to use motivational interviewing and health coaching to deliver personalised care. To book the follow this link:

<https://www.eventbrite.co.uk/e/1-day-introduction-to-health-coaching-training-tickets-261209714287>

2-Day Intermediate

The 2-Day Intermediate course is open to all health, social care and VCSE staff across West Yorkshire and Harrogate who would benefit from developing the skills to deliver motivational interviewing and health coaching to deliver personalised care. You may already work with people in a personalised way – this training will increase your confidence and competence to adopt a health coaching approach and to transform your conversations with people. To book follow this link:

<https://www.eventbrite.co.uk/e/2-day-intermediate-health-coaching-training-tickets-261217437387>

Our Health Coaching Skills courses are accredited by both the EMCC and PCI, and all count towards your CPD hours with certificates upon completion.

