

# wellcoaches®

## SCHOOL of COACHING



### **Wellcoaches Premium Class**

### **Motivational Interviewing: Applying evidence-based strategies for positive behavior change**

**Date/time:** 3:30-5:30 pm ET Thursdays, May 9, 16, 30 and Jun 6

**Course fee:** \$395

**Registration deadline:** Monday, May 6

**CEUs:** Wellcoaches 8, ACSM 8, NBHWC 8, NCHEC 8

Led by Wellcoaches Faculty: Darlene Trandel, PhD, FNP/CNS, PCC, NBC-HWC

[Register](#)

**This class will guide participants through a sequence of learning activities to support the learning and application of Motivational Interviewing knowledge and skills. Participants will:**

- Explore ways to enhance behavior change using the MI approach included in the 4 processes: Engaging, Guiding, Evoking and Planning
- Learn the key principles and core skills of MI
- Practice MI skills and strategies designed to evoke motivation for change.

The widely used approach of Motivational Interviewing (MI) offers many evidence-informed, person-centered communication skills and techniques. Professionals can use these skills to achieve successful outcomes and encourage growth and progress with their clients.

There is robust scientific evidence to support the efficacy of MI in helping patients make positive health-behavior changes. Research has demonstrated that motivational

interviewing can improve client engagement, help to resolve client ambivalence, and promote client activation in activities that lead to better health outcomes.

**Consider attending this class if you are a coach or healthcare professional who:**

- Works with people to change health behaviors;
- Is interested in translating MI knowledge into practice;
- Wants a hands-on opportunity to hone MI skills.

**Suggested resource (not required):** [Motivational Interviewing: Helping People Change, 3rd Edition \(Applications of Motivational Interviewing\)](#) by [William R. Miller](#) and Stephen Rollnick | Sep 7, 2012

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#### **Wellcoaches Cancellation Policy**

Cancellations and refund requests must be received in writing via mail or email. Any applicable refund will be determined by the date that the request is mailed or sent (if requested by email) according to the following policy:

**If you request a refund prior to the class start date,** you may receive a refund for 95% of the course fee.

**No refunds will be granted after the first class.**