



Facilitated by Dr. Don Morrow

MOTIVATIONAL INTERVIEWING

LEVEL 1 WORKSHOP FOR HEALTHCARE PROFESSIONALS

This introductory session provides a meaningful overview of Motivational Interviewing (MI) using *The Monarch System's* unique approach which integrates MI with other impactful and evidence-based behaviour change practices such as coaching methods and key elements of behaviour change theories/applications. Participants will learn how to build motivation and transition that enhanced motivation into a strengthened and real commitment to behaviour changes.

OBJECTIVES:

- Incorporate a repertoire of motivational skills into your professional toolbox
- Build motivation and commitment with clients
- Collaborate with more engaged patients to design a working partnership for both shifting and managing behaviours
- Reduce professional burnout by learning to incorporate MI skills into your work
- Facilitate people's real and authentic commitment to making important, short and long term behaviour changes

**PRESENCE * COMPETENCE VIEWS * COMPELLING QUESTIONS * REFLECTIVE LISTENING
REDINESS TO CHANGE * CHANGE TALK**

UPCOMING WORKSHOP

Thursdays

March 6 + March 13, 2025

9:00am- 12:00pm

Hosted virtually on Zoom

Registration is required, spaces are limited.

You must provide a valid email address to receive further instructions on joining the program.

To register, visit www.wselfmanagement.ca or call
1-866-337-3318

Please note: To fully engage with the tools and techniques in this highly participatory virtual program, having a working camera and microphone on your device is essential.

In order to receive a certificate of completion, participants must attend both sessions of the workshop.