



Waterloo Wellington  
Self-Management Program

Your Journey to Balanced Living

# 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

### Program 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 behaviors
- 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 behavior changes



Facilitated by  
Dr. Don Morrow



## UPCOMING WORKSHOP

### Thursdays

November 6 + 13, 2025

9:00am- 12:00pm

This program is being held virtually on Zoom. You must provide a valid email address to register. Spaces are limited.

**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.

For more information or to register, visit [www.wselfmanagement.ca](http://www.wselfmanagement.ca) or call 1-866-337-3318

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