

Having effective conversations about change

A half day skill based workshop

The aim of this workshop is to strengthen workers knowledge, skills and confidence to offer opportunistic brief advice or engage in effective conversations about change which could improve health, wellbeing and relationships and improve the uptake of Family Support Services.

The promotion of health, wellbeing and positive change is part of every workers role. Yet how many workers are often faced with people who are often reluctant, ambivalent or resistant to change

Yet years of research tells us how we interact with people and talk to people about change can greatly influence what they do or not.

This half day training session aims to help participants:

- Improve their understanding of how people change
 - Identify factors, barriers, and practitioner behaviours that blocks change
 - Improve core skills that encourage change
 - Explore resources that can be used to facilitate conversations about change
 - To build on skilful advice giving
 - Increase knowledge of the range of services that can provide support to individuals to enable change including lifestyle change
 - Identify opportunities in your own practice to incorporate conversations about change
 - To increase the capacity of the workforce to help engage parents more effectively in the range of Family Support Services
- **Who is the training for?** This training is suitable for those with little or no training in health behaviour change and who have an opportunity to talk with their client group about lifestyle or parenting issues. . It is aimed specifically at Family Support Hub member organisations and other Community, Voluntary and Statutory sector services.

(NHS Staff - this course may contribute to the achievement of KSF Dimensions HWB 2 & 4).

HWB2 Assessment and care planning to meet health and wellbeing needs
HWB4 Enablement to address health and wellbeing needs

- **Date:** 20 June 2018
- **Venue:** Ards Community Network, 43-45 Frances Street, Newtownards
- **Time :** 9am-1pm

Facilitator : Ed Sipler, South Eastern Drug and Alcohol Coordination Team, SEHSCT