



CHOICES & CHANGES

MOTIVATING HEALTHY BEHAVIORS

Choices & Changes is an evidence-based program, developed by the Institute for Healthcare Communication, and approved and accredited by The College of Family Physicians of Canada.

WORKSHOP OBJECTIVES

- Explore the role of a health care professional as a facilitator of change
- Identify specific strategies to assess the motivation to change
- Understand the skills needed to influence behavior change
- Demonstrate essential techniques to influence change

- * Offered at NO COST
- * Mainpro Credits Available



Institute for
Healthcare
Communication

COURSE OVERVIEW

- Conceptual models for effective communication and facilitation of client health behavior change to optimize health outcomes
- Opportunities for practice and immediate feedback to improve their own interviewing and behavior change counselling skills

UPCOMING WORKSHOPS

Thursday December 13, 2018
1:00pm–5:30pm

weCHC-Pickwick Site
7621 Tecumseh Rd E, Windsor

Visit the following link to register:
https://cc_dec13_2018.eventbrite.ca

Wednesday January 23, 2019
1:00pm–5:30pm

weCHC-Pickwick Site
7621 Tecumseh Rd E, Windsor

Visit the following link to register:
https://cc_jan23_2019.eventbrite.ca

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