

Motivational Interviewing

This program is an introduction to motivational interviewing and the broad range of uses for you in your workplace.

This program aims to give you an understanding of Motivational Interviewing and how it works. Learn some introductory MI techniques which you can have practice time to use and reflect on the skills you will gain.

Workshop Outline

- Confidentiality
- Principals of MI
- Stage of change
- Examining your own behaviour and stages of change
- Strategies for each stage of change
- How to avoid eliciting resistance
- Benefits in areas of work ie managing, engaging

Anticipated outcomes

At the end of this workshop you will:

- Understand motivational interviewing as a tool
- Have increased understanding of the stage in which people may be in with regard to the targeted behaviours.
- Have an understanding of strategies which can be employed at each stage
- Increase your awareness of how to avoid resistance
- Target areas of your work where this tool can aid you.
- Develop a knowledge of assistance available to you for support and referral

Full Day Workshop
\$255

8:30 am – 4:00pm

Refreshments

Morning and afternoon tea and lunch are provided for full day workshops.

Location

Level 2 Highway Arcade, 47 Stuart Highway, Stuart Park

DARWIN HEAD OFFICE

P. (08) 8941 5661

F. (08) 8941 0746

E. corp@corp.org.au

Alice Springs

P. (08) 8953 4225

F. (08) 8953 6894

E. easaalicesprings@easa.org.au

Katherine

P. (08) 8941 5661

Toll Free 1800 193 123 (NT ONLY)

www.corp.org.au

All Public Workshops require a minimum of 6 participants in order to be confirmed.

CORP has a 72 hour cancellation policy. Please contact us as soon as possible if you are unable to attend a workshop you are enrolled in, or charges may apply.