

Motivational Interviewing (MI) is “a collaborative conversation style to strengthen a person’s own motivation and commitment to change.”
(Miller and Rollnick, 2012).

FOUNDATIONS OF MOTIVATIONAL INTERVIEWING

VIRTUAL



Introduction to Motivational Interviewing Basic Skills – Change Talk - Virtual

January 10th, 17th, 24th, & 31st, 2025

9:00am–12:00pm

This online workshop will run for 3 hours a day, for 4 days. It covers the basic skills of Motivational Interviewing—OARS, Change Talk, support Self-Management, Building Confidence and helping to make an Action Plan when ready.



Register online at: www.healthy-living-now.ca/clinician-workshops