

# COMMUNITY EDUCATION PROVIDER NETWORK ISLINGTON

## INTEGRATED WORKFORCE DEVELOPMENT TRAINING PROGRAMME

### MASTERCLASSES IN BEHAVIOUR CHANGE

The Masterclasses in Behaviour Change are run by Whittington Health for any professional working in Islington who has previously attended a behaviour change training course e.g. Promoting Change & Supporting Lifestyle Behaviour Change Training.

This training will give staff the opportunity to reflect on and practise their skills for supporting people to make change. Participants will be able to explore and work through any challenges they have applying behaviour change strategies in practice.

#### The masterclasses aim to:

- Increase skills and confidence to apply behaviour change strategies in practice
- Increase confidence in working with service users who are hard to engage.
- Increase confidence to have 'difficult conversations'
- Increase skills in enabling service users
- Share ideas and tips about how to sustain and embed behaviour change skills.

#### Trainers

The training is delivered by specialists in Motivational Interviewing and Behaviour Change. They bring real life experiences of how to deal with difficult situations and how to facilitate behaviour change in a quick and easy way.

#### Target Audience

These are masterclasses for those professionals who have had previous behaviour change training and would like to practice and develop their skills and embed their knowledge into practice.

## Course Details

Date	Time	Venue
Thursday 13 <sup>th</sup> October 2016	9.30 - 16.30	Resource for London, 356 Holloway Rd, London N7 6PA
Friday 2 <sup>nd</sup> December 2016	9.30 - 16.30	Whittington Education Centre, Whittington Hospital, Magdala Avenue, N19 5NF
Monday 13 <sup>th</sup> February 2017	9.30 - 16.30	Whittington Education Centre, Whittington Hospital, Magdala Avenue, N19 5NF

To register for a masterclass please visit our Eventbrite page:

<http://behaviour-change-training.eventbrite.com/>

For further information please contact [whh-tr.selfmanagementsupport@nhs.net](mailto:whh-tr.selfmanagementsupport@nhs.net)