

## All About ...

# UNDERSTANDING BEHAVIOUR CHANGE



## Course Overview

A 2 day training course to provide the learner with the knowledge and confidence to offer opportunistic brief advice to, or engage in brief interventions with, individuals about behaviour change which could improve their health and well-being.

This qualification will enable learners to understand the importance of listening, hearing and observing when establishing appropriate relationships with individuals for the purpose of helping them to develop strategies to undergo behaviour change.

The duration of the examination is 45 minutes taken at the end of the second tutor led day. The exam is not compulsory, those who do not wish to take the exam will be awarded a certificate of attendance.

## Course Content

- > Understanding the impact of communication upon behaviour change
- > Identify three models of behaviour change theory
- > Establish rapport and address ambivalence
- > Consider techniques that motivate behaviour change
- > Move your clients towards self-management of change

“The group work and the interaction with others was really good, it was great to talk to others in my area to see what they are doing and what they are having problems with”

## Learning Outcomes

- > Understand how to ensure communication with individuals is effective
- > Understand how an individual can be supported in developing strategies enabling them to make lifestyle or health behaviour changes
- > Understand how to support an individual with a lifestyle or behaviour change implementation plan
- > Know how to support individuals to adopt positive health behaviour

## Who should attend?

- > Anyone who delivers NHS Health Checks including:
 

o Practice Nurses	o Health Trainers	o Health Champions
o Nurse Practitioners	o GP's	o Healthy lifestyle professionals
o Health Care Assistants	o Pharmacists	o Allied Health Care Professionals



Helping you prevent

diabetes
heart disease
kidney disease
stroke & dementia

## Course Details



**Venue** Golden Cross House, 8 Duncannon Street,  
London WC2N 4JF



**Course Timings** Day 1 - 9.00am - 4.30pm  
Day 2 - 9.00am – 1.00pm  
(followed by optional exam - 2.00pm - 4.30pm)



**Course Style** An interactive session with a mixture of  
breakout exercises and group discussion.



**Cost Includes** Lunch and refreshments. All necessary  
materials, comprehensive delegate packs and  
certificate of attendance.

## Discounts

The following discounts can be applied to multiple bookings of  
single day courses and also apply when more than one person from  
an organisation attends a single course.

- > 2 - 5 places 5%
- > 6 - 10 places 10%

## Training at your own site...

- > Want to have a behaviour change course totally tailored  
to your programme?
- > Want to have staff save traveling time?
- > Want to train more of your staff at once?

Take advantage of these benefits and let our trainers come to you.

## Cost and booking information

Cost per person £295 + VAT Call our office on 0330 124  
1966 and we will arrange for a pro forma invoice to be raised.



I found the whole  
training day  
enjoyable and useful  
as I didn't know any  
of this before, and I  
now have a lot more  
confidence moving  
forward ”

Please contact the office on  
0330 124 1966 or email

[chris.francis@smarthealthsolutions.co.uk](mailto:chris.francis@smarthealthsolutions.co.uk)

to discuss your requirements in  
more detail.