

# WORKSHOP FOR HEALTHCARE PROFESSIONALS

Windsor Essex Community Health Centre  
Centre de santé communautaire de Windsor Essex



## CHOICES & CHANGES: Motivating Healthy Behaviours

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

### WORKSHOP OBJECTIVES:

- Learn the role of a healthcare professional as a facilitator of change
- Apply the skills needed to influence behaviour change
- Offered at **NO COST**
- Awarded a certificate of completion to use towards Professional Development credits



Access using any computer, tablet or smartphone!

### COURSE OVERVIEW:

- Conceptual models for effective facilitation of client health behaviour change to optimize health outcomes
- Opportunities for practice and immediate feedback to improve motivational interviewing and behaviour change counselling skills

### UPCOMING WORKSHOP

#### Online Workshop

offered in 2 half days

**Tuesdays, September 14 & 21, 2021**

**9:00am—11:30am**

#### TO REGISTER :

Toll Free 1-855-259-3605

[https://cc\\_sept14.eventbrite.ca](https://cc_sept14.eventbrite.ca)



@weCHC\_



@weCHC519

[www.wechc.org](http://www.wechc.org)