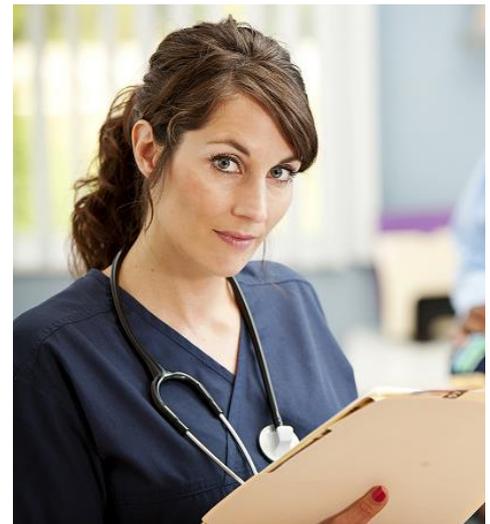


You are invited to HealthChange® Methodology Training!

**Bridging the gap between
theory and practice in patient
engagement and behaviour
change support!**

Facilitated by Caroline Bills,
Licensed HealthChange® Associate



Attend these practical workshops to enhance your engagement and behaviour change facilitation skills. **HealthChange® Methodology (HCM)** improves your confidence to work with clients who have complex issues, helping you with:

- What to say.
- How to say it.
- When to say it in your consultations.

HealthChange® Methodology can be applied to **any** individual or group setting where you want your client or patient to take action to **achieve better health or quality of life outcomes**.

HealthChange® Methodology is used by major public health services as well as Not for Profit and private **Health Coaching** programs. Using a **person-centred approach** is considered best practice when managing people with Chronic Disease and complex issues.

Comments from previous participants

“Very practical, and clearly outlined how all disciplines can use these strategies”.

“An essential workshop for any health practitioner working in chronic disease”.

HealthChange® Core Training (2 Days)

(9.00am -4.30pm) Catering supplied.

This workshop provides the foundation from which to refine your knowledge and skills using an engaging person-centred approach. It will provide an opportunity to discuss and gain clarity around how to respond to common challenging patient situations and conversations.

Benefits for participants include:

- Fewer no shows and “frequent flyer” consultations.
- Fewer conversations going around in circles.
- Better time efficiency.
- More successful patient engagement leading to better work satisfaction.
- More effective delivery of health literacy leading to better adherence to treatment advice.

HealthChange® Advanced Workshop (1 Day)

(9.00am -4.30pm) Catering supplied.

** Completion of HCM Core Training is a pre-requisite to attend this workshop.

This is a flexible workshop. Topics typically covered are:

- Brief review of the key tools in HealthChange® Methodology.
- Case discussions.
- Participant successes and challenges in using HealthChange® Methodology at work.
- Phrasing suggestions and feedback and from their peers and HealthChange Associates facilitators in the workshop.

Booking Information (Murray PHN participants – no cost)

Step 1. [Click here to see the workshop locations and dates schedule](#)

Step 2. Select workshop date(s)

Step 3. Book workshop through the online booking website

Workshops will be run in accordance with Covid safety guidelines.

Training places are limited!

Attendance for the entire course is required to receive your course certificate.

For more information, please visit www.healthchange.com

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