

CHWs LEARN



Motivational Interviewing (MI) 2 Part Series!

A conversation about healthy lifestyles for maternal health.

WHO (YOU?)

If this describes you, please come!

I am a community member or Community Health Worker/similar:

Worker/similar:

patient navigators, peer support workers, outreach workers, care coordinators, etc.

After this training, participants will be able to:

- Learn active listening's role in behavior change.
- Understand MI's guiding principles and processes.
- Address discord in relationships.
- Identify how to effectively provide information on the topics of maternal health, including depression and prenatal care.
- Practice OARS skills and encourage change talk.

WHAT **VIRTUAL + FREE!**

Motivational Interviewing (MI) is a very specific way of having a conversation about change. The process of Motivational Interviewing discovers each person's values and interests. It is designed to decrease barriers and increase readiness to make a change. These interactive training sessions will give you the practice to guide and bring awareness to clients about the discrepancy between their current behavior and their future goals, assisting them to make meaningful life changes.

Please note that participants must attend both sessions and have video and audio for practice activities



WHEN

**Wednesday
November 6 & 13
9am-12pm**



PRESENTED BY

Lisa Stockwell, M.Ed.

Motivational Interviewing
Trainer (MINT)
It's Your Journey! LLC

REGISTER TODAY >>> <https://bit.ly/MIMaternalHealth>

