



Enhance your communication skills

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**MODULE: CONVERSATIONS ABOUT CHANGE -
AN INTRODUCTION TO MOTIVATIONAL INTERVIEWING**

During this three hour workshop you will:

- Understand what motivational interviewing is;
- Understand the principles of motivational interviewing;
- Consider, identify and demonstrate the communication skills for motivational interviewing;
- Reflect on and identify key skills you wish to practice to enhance your communication skills for motivational interviewing.