

Health Behaviour Change Training

Start the Conversation!

Why do some people not follow evidence informed advice that will help prevent negative health outcomes? How do you know when someone is ready to make a change?

Health Behaviour Change training registration for 2025 is now open on the Learning Management System (LMS). Core training and advanced training opportunities are available. All courses will be offered online.

What is HBC Training?

What is HBC? Combining Motivational Interviewing (MI) and basic counselling skills, Health Behaviour Change (HBC) helps reframe your conversation to identify someone's readiness to change and barriers they are experiencing. You will learn skills to increase the odds that individuals will make and maintain changes.

With Health Behaviour Change skills you can:

- Meet individuals where they are at
- Collaborate to support their autonomy
- Increase the odds that individuals will make and maintain changes
- Reduce missed appointments and re-admissions
- Improve overall quality and meaningfulness of conversations and interactions

HBC Courses - **New Dates for 2025!**

HBC Part 1: The Fundamentals is an on-line course in the Learning Management System (LMS). It takes 40-60 minutes to complete.

HBC Part 2: Core Practice is an online, instructor-led half-day skills training online.

Wednesday, Jan. 29	1 p.m. – 4:30 p.m.	Wednesday, May 21	1 p.m. – 4:30 p.m.
Wednesday, March 19	1 p.m. – 4:30 p.m.		
Wednesday, April 30	1 p.m. – 4:30 p.m.		

HBC Part 3: Advanced Practice is an opportunity to deepen HBC skills through practice with other health professionals and the HBC training team. Part 3 is recommended to be taken at least 2 - 3 months after Part 2, to provide a period of clinical practice with the skills.

Tuesday, April 15	1 p.m. – 4:30 p.m.
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Registration

Registration for all sessions can be found on the LMS. HBC Part 1 must be completed online before the date of your Part 2 course. If you have not yet created an LMS profile please [click here](#).

Early registration is recommended to secure a spot in live trainings (Part 2 & 3).