

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?

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.

Who Can Benefit from HBC Training?

This training is encouraged as a core competency for all health professionals and can also serve as a refresher for those who have taken MI training.

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

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 instructor-led half-day skills training online.

Tuesday, January 30	1 p.m. – 4:30 p.m.	Thursday, April 25	1 p.m. – 4:30 p.m.
Wednesday, February 28	1 p.m. – 4:30 p.m.	Wednesday, May 22	1 p.m. – 4:30 p.m.
Thursday, March 21	1 p.m. – 4:30 p.m.	Thursday, June 6	1 p.m. – 4:30 p.m.

HBC Part 3: Advanced Practice is an instructor-led, half-day skills training online.

Tuesday, April 16, 2024	1 p.m. – 4:30 p.m.
Wednesday, June 26, 2024	1 p.m. – 4:30 p.m.

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).