

Having Effective Conversations About Change Part 1: A Half Day Skill Based Workshop

The aim of this workshop is to strengthen workers' knowledge, skills and confidence to offer opportunistic brief advice or to engage in effective conversations about change which could improve health, wellbeing and relationships and improve the uptake of Family Support Services.

The promotion of health, wellbeing and positive change is part of every worker's role. Yet how many workers are often faced with people who are often reluctant, ambivalent or resistant to change? Yet years of research tells us how we interact with people and talk to people about change can greatly influence what they choose to do or not.

This half day training session aims to help participants:

- Improve their understanding of how people change
- Identify factors, barriers, and practitioner behaviours that block change
- Improve core skills that encourage change
- Explore resources that can be used to facilitate conversations about change
- To build on skilful advice giving
- Increase knowledge of the range of services that can provide support to individuals to enable change including lifestyle change
- Identify opportunities in your own practice to incorporate conversations about change
- To increase the capacity of the workforce to help engage parents more effectively in the range of Family Support Services

Who is the training for?

This training is suitable for those with little or no training in health behaviour change and who have an opportunity to talk with their client group about lifestyle or parenting issues. It is aimed at Family Support Hub member organisations and organisations/services providing family support services in general.

(NHS Staff - this course may contribute to the achievement of KSF Dimensions HWB 2 & 4).

HWB2 Assessment and care planning to meet health and wellbeing needs

HWB4 Enablement to address health and wellbeing needs

Date: Tuesday 16th October
Venue: Banbridge Enterprise Centre, Scarva Road Industrial Estate, Scarva Road, Banbridge, BT32 3QD
Time: 2pm – 5pm
Facilitator: Ed Sipler

Having Effective Conversations About Change Part 2: Raising and Exploring Difficult Topics

The aim of this workshop is to explore the confidence, skills and challenges that are related to raising and exploring difficult topics with our clients, and dealing with the reaction that can follow.

When exploring the potential to change, very often the area of needed change involves sensitive issues which can create barriers to change. Clients may come with their own or varied concerns which may not be in agreement with the worker's agenda or goals.

Raising concerns and opening up conversations can prove a challenging task for the workers and referral agents.

This half day training session aims to help participants:

- Enhance the abilities to broach difficult/sensitive conversations with parents.
- Improve skills and strategies for engaging parents in conversations.
- Build strategies for creating a collaborative conversation
- Help focus the conversation on the direction of change with a strength-based approach
- Help reduce resistance and reluctance that can arise in sessions
- Explore our own attitudes as workers towards sensitive issues

Who is the training for?

This training is aimed at Family Support Hub member organisations and organisations/services providing family support services in general.

This workshop is a continuation of the introduction session:

Having effective conversations about change

(NHS Staff - this course may contribute to the achievement of KSF Dimensions HWB 2 & 4)

HWB2 Assessment and care planning to meet health and wellbeing needs

HWB4 Enablement to address health and wellbeing needs

Date: Monday 22nd October
Venue: Banbridge Enterprise Centre, Scarva Road Industrial Estate, Scarva Road, Banbridge, BT32 3QD
Time: 10am - 1pm
Facilitator: Ed Sipler