



# Behaviour Change Level 2 Training: Using Behaviour Change in Practice

Behaviour Change training offers a new approach for frontline staff giving them the communication skills essential for effective conversations about health and wellbeing.

The training provides learners with the knowledge, confidence, and skills to recognise and manage opportunities to talk about health and wellbeing with individuals, build rapport with them and help them to set a person-centred goal towards health behaviour change.

## **Using Behaviour Change in Practice is recommended for**

- staff who have the opportunity for a more in depth conversation with individuals to discuss their health and wellbeing
- staff who are able to offer health and wellbeing advice and recommendations to people as part of their role.

**A full-day training in-person/online**

In this course participants will explore a range of evidenced-based behaviour change approaches and how to apply them to their practice. This will include engaging with them for the purpose of brief interventions, exploring with them their strengths and helping them find their own solutions for change.

**By the end of the training participants will:**

- Have examined their own knowledge, beliefs and understanding of behaviour change and aspects of their current practice that work well.
- Know the value of working collaboratively with their clients and how to do it well.
- Know how to enable people to recognise and exercise their own autonomy, help them to think about their own reasons for change and help them set a goal.
- Know how to manage difficult conversations and support patients through ambivalence and discord
- Have gained skills and tools to support behaviour change and its maintenance.

**Who is the course for?**

- Those with a front facing role who work directly with Norfolk residents who have an opportunity to have a more enhanced conversation with the resident. For those who have completed the eLearning [Making Every Contact Count \(MECC\)](#) and [Behaviour Change Literacy \(BCL\)](#) courses or have equivalent training or experience.

For more information about Behaviour Change training visit [www.norfolk.gov.uk/behaviourchangetraining](http://www.norfolk.gov.uk/behaviourchangetraining)



Training is delivered by Healthy Dialogues Ltd, specialists in Behaviour Change for health and wellbeing. Healthy Dialogues have a proven track record in empowering workforces to achieve positive and lasting changes in their communities. **Find out more at [www.healthyalogues.co.uk](http://www.healthyalogues.co.uk)**

To book a course for your workforce please contact [Readytochange@healthydialogues.co.uk](mailto:Readytochange@healthydialogues.co.uk)



**What our trainees said:** *“Excellent – MECC training was really thought provoking and challenging.”*