

Promoting Health Behaviour Change One day Course Programme

This one day course is fast paced and utilises a mix of teaching slides, experiential skills exercises and video examples of skills and limited group discussions.

Time	Component	Duration
9.00 am	Registration	
9.30 am	Session 1 <ul style="list-style-type: none"> • Welcome and introductions • Introduction to Solution Focused Practice • Integration opportunity 	1 hour 20 mins
BREAK 20 mins		
11.00 am	Session 2 <ul style="list-style-type: none"> • Connecting with the person • The client has the magic • Working towards the client's best hopes 	1 hour 10 mins
LUNCH 45 mins		
1.15 pm	Session 3 <ul style="list-style-type: none"> • Exploring preferred futures • Identifying preferred futures already happening 	1 hour 25 mins
BREAK 20 mins		
3.00 pm	Session 4 <ul style="list-style-type: none"> • Making change easier • Summary 	1 hour 30 mins
4.30 pm	Finish	