

Supporting people to make Healthy Lifestyles changes –



Brief Intervention Training

Date	Location
Wednesday 2 nd December 09:30 - 12:30	Sorry this date has been Cancelled
Thursday 21 st January 10 09:30 - 12:30	Training Room, Newquay Hospital
Wednesday 24 th February 10 09:30 - 12:30	Sorry this date is Fully Booked
Tuesday 2 nd March 10 09:30 - 12:30	Seminar Room, Liskeard Hospital

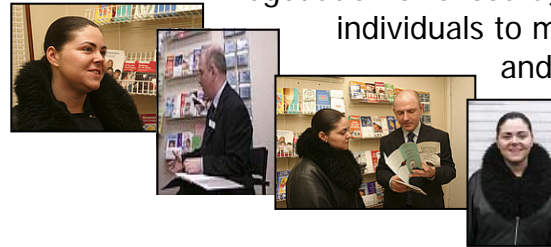
For more information please visit the Brief Intervention pages
on the Health Promotion Service website;

www.healthpromcornwall.org

Or to book a place, contact Emma Baker on 01209 313419 or
email: emma.baker@ciospct.cornwall.nhs.uk

○ What does a brief intervention involve?

A brief intervention involves opportunistic advice, discussion, negotiation or encouragement in supporting individuals to make healthy lifestyle changes and can be used by anyone working with adults on a one to one basis.



○ Aim of the training session;

Learn how to support an individual to make lifestyle behaviour changes around **healthy eating, smoking, alcohol, weight management and physical activity.**

○ What will I learn?

- Learn how just a 'Brief' intervention can be effective in supporting people to change their health behaviours
- Learn about the Stages of Behaviour Change Model
- Understand the need for effective communication skills
- Learn about the Key Health Messages
- Practise raising health issues with individuals, then supporting them to make healthy lifestyle changes (including SMART goal setting and signposting)
- Practise using the health leaflets and be aware of the website resource to support the training session

○ Suitable for;

Those working on a one to one basis helping adult individuals make small health related behaviour changes in their lives.