



## BEHAVIOUR CHANGE

Course title	Course overview	Target audience	Learning outcomes
<b>Behaviour Change Training - Introduction Course</b> One Day	A one-day introduction to Behaviour Change raising awareness of theory and practice in a skills based experiential learning environment. <b>NICE Public Health Guidance 6</b>	All staff from a variety of different work areas engaging with others in the process of behaviour change.	<ul style="list-style-type: none"> <li>• Awareness of the theory and processes involved in Behaviour Change</li> <li>• Explore methods and approaches used in Behaviour Change</li> <li>• Explore effective communication and reflection skills</li> </ul>
<b>Behaviour Change Training - Full Course</b> Two Days	A two-day skills based course essential for professionals who wish to support Behaviour Change with a range of people, using the principles of motivational interviewing. <b>NICE Public Health Guidance 6</b>	All staff from a variety of different work areas engaging with others in the process of behaviour change.	<ul style="list-style-type: none"> <li>• Extend knowledge of the theory and processes involved in Behaviour Change</li> <li>• In depth knowledge of the methods and approaches used in Behaviour Change</li> <li>• Extended effective communication and reflection skills</li> </ul>
<b>Behaviour Change Training - Refresher course</b> One Day	A one-day refresher course for those who have previously attended the two day full course or equivalent in Behaviour Change. Participants will have the opportunity to develop, hone and enhance their existing skills in an experiential learning environment. <b>NICE Public Health Guidance 6</b>	All staff from a variety of different work areas engaging with others in the process of behaviour change.	<ul style="list-style-type: none"> <li>• Consolidation of previous Behaviour Change knowledge</li> <li>• Enhanced skill base</li> <li>• Extension of strategies for Behaviour Change</li> </ul>

	Dates	Times	Portsmouth workforce	Outside Portsmouth
<b>Introduction</b>	Weds 11 July 2012	9.30am - 4pm	No charge	£100
<b>Full course</b>	Weds & Thur 27 & 28 June 2012	9am - 4pm	£100	£200
	Weds & Thur 3 & 4 October 2012	9am - 4pm	£100	£200
<b>Refresher</b>	Weds 21 November 2012	9.30am - 4pm	£50	£100

To book a place on a course please complete a [booking form](#) or email [sorted@portsmouthcc.gov.uk](mailto:sorted@portsmouthcc.gov.uk)  
For any further information please contact the training co-ordinator on 023 9284 1714