

MOTIVATIONAL INTERVIEWING SKILLS FOR LEADERS

Motivational Interviewing is a strengths-based conversation style used by leaders with teams, and becoming recognised also for use with patients and residents in health care and aged care. It's a collaborative, goal – oriented style of communication focusing on the language of change. It strengthens personal motivation for and commitment to specific goals by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion.

SESSION 1: MOTIVATIONAL INTERVIEWING FOR LEADERS

- What is Motivational Interviewing and how can it be used by leaders?
- The spirit of Motivational Interviewing.
- Using strengths-based approaches to understand personal triggers and our own emotional responses.
- Core interviewing skills: OARS .
- Engaging: The Relational Foundation.
- Focusing: The Strategic Direction.
- Evoking: Preparation for Change.
- Planning: The Bridge to Change.

SESSION 2: MOTIVATIONAL INTERVIEWING FOR LEADERS IN PRACTICE

- Using Motivational Interviewing in practice.
- Experiencing Motivational Interviewing.
- Learning Motivational Interviewing.
- Applying Motivational Interviewing.
- Integrating Motivational Interviewing.
- Practicing practical skills to develop confidence and self-efficacy.