

Do you want to make a change?

Do you feel confident initiating behaviour change?

Brief Intervention is a technique that involves motivational conversation to make the most of an opportunity to raise awareness of the importance of making positive decisions to improve their health. Our training intends to provide frontline staff with an understanding of how to perform a Brief Intervention alongside the knowledge and information to talk competently around a subject to guide, advise and signpost others appropriately.

FREE 3 hour Brief Intervention courses are available in:

- ♥ Physical Activity
- ♥ Weight Management
- ♥ Healthy Eating
- ♥ Motivational Interviewing

For further information, or to book a BI training session for your organisation, please contact Mitchell Harper, telephone: 07802718594 or email: mitchellharper@everyonehealth.co.uk



A personalised free local weight
management service for you.

Make the change today

 Call **03330 05 0092** or email

 changepointnotts@everyonehealth.co.uk

Please note exclusions apply.

*Reduced rate number, Mon-Fri, 8am – 6pm. 24 hour voicemail.

ChangePoint.

 **Nottinghamshire
County Council**

**everyone
HEALTH**