

Change Talk: Creating Positive Conversations for Physical Activity

5 module course (5 hours total)
CPD accredited

This course is for anyone whose role involves working 1-to-1 or with groups to encourage and promote behaviour change, which may include healthier lifestyles. No prior knowledge of physical activity or behaviour change is needed to attend.

This interactive course will run online for your team (can be done face-face if preferred). Participants will receive a CPD certificate and full training manual following completion of all 5 modules. For more information contact brett.nicholls@getberkshireactive.org or simply complete this online [expression of interest form](#)

Course Outline

Module 1: Physical Activity. This module will cover the importance and benefits of physical activity, CMO guidelines, signposting, practical tips to stay active, and common barriers

Module 2: Theories and Models of Behaviour Change. This module will cover: Why behaviour change is difficult, Why people do or do not change behaviour, Health Belief Model, Transtheoretical Model (Stages of Change), Com-B Model and Stages of Fitness model.

Module 3: Change Talk: How to have positive conversations (session 1). This module will cover Why language matters, Problem with persuasion, What makes a good 'counsellor', Spirit of Motivational Interviewing (MI), Principles of MI, and Strategies in MI.

Module 4: Change Talk: How to have positive conversations (session 2). This module will cover key MI skills including: Reflective listening, Encouraging Change Talk, Importance & Confidence, Decisional Balance Sheet, Dealing with resistance, and Common traps & roadblocks.

Module 5: Change Talk: How to have positive conversations (session 3). This module will cover Moving on / Planning for Change, Recognising Readiness, Negotiating a Change Plan The GROW Model of Coaching, 'Counselling Session' – Framework, Getting from A to B