

EMPOWER SOMERSET PRESENTS

MOTIVATIONAL INTERVIEWING: THE BASICS

12PM-1PM Wednesday, January 17, 2024



What is Motivational Interviewing?

- ✓ Method of communication that is focused on the adolescent or young adult's concerns and perspectives.
- ✓ Works to enhance internal desire and willingness and ability to change by exploring and resolving co-existing and opposing feelings about changing.

Dive into the world of effective communication and positive change!

This engaging session will:

- Equip you with valuable techniques applicable in both professional and personal contexts.
- Explore essential skills to inspire and guide others toward meaningful transformations.

Join us to explore the basics, gain practical insights, and enhance your communication toolkit. Don't miss out on this opportunity to lay the foundation for effective interactions.

Scan the QR code to register!

