



Training for Staff in Health Behaviour Change

Lifestyle choices like what we eat, how active we are, the amount of alcohol we drink, if we smoke and life circumstances such as finances have a significant impact on the health of individuals and communities. Many of us in our day to day work have the opportunity to talk with our client group about lifestyle choices and how they impact on health and wellbeing.

We offer a range of health behaviour change training designed to support staff. We encourage person-centred methods of talking about and supporting health behaviour change, helping people to make healthier choices.

Training can be delivered over 1 -4 hours at a range of venues across East Dunbartonshire or if your team is large enough we can also come to you.

Workshops will help participants to:

- Identify factors which influence decisions to change and consider health inequalities
- Introduce communication skills including open questioning, reflecting, giving feedback and summarising
- Describe the range of services that can provide support to individuals to enable lifestyle change
- Identify opportunities in your own practice to incorporate conversations about change
- Suitable for those staff with little or no training in health behaviour change and who have an opportunity to talk with their client group about lifestyle.

There is also the opportunity to tailor your workshop to meet the specific needs of a particular team or add an additional “bolt on” in the following topics:

Cancer awareness	Tobacco
Oral Health	Second hand smoke
Financial Inclusion	Social prescribing