

Participant Experience

- Awarded certificates of completion that can be used towards professional development credits
- Refreshments provided (breakfast/lunch)
- **FREE** of cost
- All materials included
- Easy to register through phone, email or website
- You can host programs exclusively for your team

Did you know that....

“Teamwork and communication failures are a leading cause of patient safety incidents in healthcare”

- Canadian Patient Safety Institute

“There is a wealth of research data that supports the benefits of effective communication and health outcomes for patients and healthcare teams”

- Institute for Healthcare Communication

**Maximize**
YOUR HEALTH

MISSISSAUGA HALTON SELF MANAGEMENT PROGRAM

NSHARMA@HALTONHEALTHCARE.ON.CA

Phone: 905-338-2983 ext. 4879 WWW.MAXIMIZEYOURHEALTH.CA
Oakville • Milton • Georgetown • Mississauga • Acton



Training for Healthcare Professionals



Are you looking for **FREE**
trainings on **Healthcare Communication**
and **Motivational Interviewing?**

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COMMUNICATION TRAINING

CHOICES & CHANGES

In this training participants will learn:

- Techniques to help influence patient behaviour change
- Health behaviour change theory
- The clinical role in patient behaviour change

Workshop consists of:

- Mini lectures
- Interactive exercises
- Video case studies
- Skill practice

Workshop Overview

- 4.5 or 6 hour workshops
- Free of cost
- Materials provided
- Lunch provided

BRIEF ACTION PLANNING (BAP)

In this training participants will learn:

- Motivational Interviewing techniques
- Efficient ways to action plan with clients
- Support individuals in self-management behavior

Workshop consists of:

- Mini-lectures
- Interactive exercises
- Motivational Videos
- Skill practice

Workshop Overview

- 4 hours
- Free of cost
- Materials provided
- Lunch provided

SIGN UP TODAY!

For more information, please contact Nikki Sharma at

nsharma@haltonhealthcare.on.ca or visit

www.maximizeyourhealth.ca for more information and to register!!

ADDITIONAL TRAINING OPPORTUNITIES

The following trainings & workshops are designed to further enhance your skills & confidence in motivational interviewing techniques.

Choices and Changes Follow Up

- Designed for Health Care Providers who have attended a Choices and Changes Training
- Interactive case based format for the purposes of sharing and developing strategies for better communication skills within a healthcare setting

Brief Action Planning Follow Up

- Designed for Health Care Providers who have attended a Brief Action Planning Training
- Interactive case based format for the purposes of building application for the various tools covered in the training

Cultural Competence

- Understand the meanings of culture and cultural competence
- Recognize how personal biases affect the client/caregiver and provider relationship
- Describe the relationship between cultural competence and person-centred care
- Apply collaborative conversation techniques in hospital and community based settings

Clinical Coaching

- Identify areas of improvement, next steps and sustainability for enhancing self-management skills for clinicians within your organization
- Coaching is offered by a clinician skilled in communication and mentoring