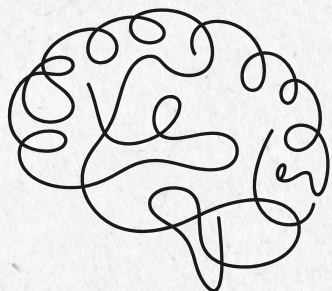


Head, Heart, Hands: Free Motivational Interviewing Community Practice

Format: 55 minutes | Virtual | Free | Audio & Video | 12PM ET / 4 PM UTC
First Tuesday of every month

Each session focuses in on one specific component of MI, whether it's a fundamental skill like one of the OARS or other closely related concepts that help you deepen your practice.



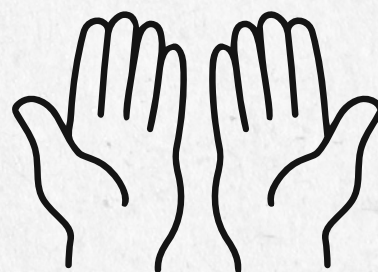
head

We'll start with the head--a didactic component that places the topic within the broader MI framework.



heart

We'll pause for a brief mindful exercise to reconnect with the heart of this work and with ourselves. The best MI begins with a grounded and present practitioner.



hands

Last, we'll shift to the hands--the skill-building portion where we'll really make the learning stick.

Build community with others learning and practicing MI.
Learn, pause, practice.

Questions? Email brittney@marianrigsbee.com