



## Greensboro AHEC Continuing Education

# Motivational Interviewing 1: Skills for Behavior Change

February 8 & 9, 2018

9 am – 4 pm (Check-in 8:45 on Thursday) • 9 am – 3 pm (Friday)

This introductory level workshop offers health coaches and helping professionals the opportunity to learn the fundamentals of Motivational Interviewing and to begin to apply to their practice. In this 2-day interactive workshop, participants will learn by observing and doing MI exercises in a supportive, small group setting.

### Learning Objectives:

1. Demonstrate the MI spirit
2. Practice OARS, the fundamental skills of MI
3. Model how to inform and guide within the MI framework

### About the Speaker:

**Carol Lucas, MPH, BSN, NBC-HWC**

*Carol Lucas is a nationally board certified health and wellness coach and owner of Balance and Thrive. She received a BSN from Vanderbilt University and an MPH from UNC Greensboro. She is a member of the Motivational Interviewing Network of Trainers (MINT). Carol is a Certified Health Education Specialist (CHES) through the National Commission for Health Education Credentialing.*

<http://balanceandthrive.com/>



### Location:

HQ Greensboro

111 West Lewis Street, Greensboro, NC

### Credits:

Contact Hours 8.5, CEUs 0.85

### Cost:

Event #54754 • \$235 Early Bird through 1/18/18  
\$270 Regular registration (Lunch included)  
Easy registration online @ [gahec.org](http://gahec.org). For multiple registrations or to mail in with payment, [click here](#) for a print registration form.



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