

MI Basic

A 2-Day Introduction to Motivational Interviewing for Personal Trainers, Nutrition & Health Coaches

with **Milos Rankovic** | Health/Nutrition Coach & Personal Trainer | MINT Member | BAP-MI Co-Developer

November 14-15, 2026 · 11:00 AM - 2:30 PM (Gulf Standard Time, UTC+4) · Live via Zoom

Motivational Interviewing is a client-centered, evidence-based approach designed to support individuals in making and sustaining healthy behavior changes. Unlike more traditional coaching methods that rely on the practitioner directing the client toward behavior change, MI is a collaborative way of talking about growth and change that helps clients uncover and strengthen their own motivation and commitment.

In this workshop, participants will learn the theory behind what makes behavior change conversations get stuck, be introduced to the core MI principles designed to help coaches overcome these conversational barriers, and gain hands-on experience communicating with clients about healthy behavior change in an MI-consistent way. The main goal is for participants to leave the workshop with greater confidence in their ability to apply Motivational Interviewing skills in their daily work with clients.

TARGET AUDIENCE	LEARNING LEVEL	FORMAT
Personal trainers, Nutrition and Health Coaches	Introductory	Online via Zoom — 2 sessions, 3.5 hrs each

LEARNING OBJECTIVES

- Understand key dynamics and principles that drive the behavior change process
- Identify key conversational traps that make behavior change conversations get stuck
- Describe and demonstrate the four fundamental principles of the MI Spirit: Partnership, Acceptance, Compassion, and Empowerment
- Demonstrate core micro skills of MI — OARS (open questions, affirmations, reflections, summaries)
- Deliver advice, information, and feedback in an MI-consistent way that supports rather than undermines client motivation
- Recognize three kinds of client change language and appropriately respond to client ambivalence
- Use MI skills to foster partnership, collaboration, and a strong working alliance with clients

WORKSHOP SCHEDULE

TIME	SEGMENT
DAY 1 — SATURDAY, NOV 14	
11:00-11:15	Welcome and Workshop Overview
11:15-11:45	LECTURE & DISCUSSION Core concepts of behavior change dynamics: Ambivalence, Fixing Reflex & Psychological Reactance
11:45-11:50	OVERVIEW What Makes MI Effective: Relational & Technical Hypothesis
11:50-13:00	TEACHING, DEMO & PRACTICE Spirit of MI: Way of Being, Trust in Human Growth Potential & Importance of the Working Alliance
13:00-13:15	Break
13:15-14:15	TEACHING, DEMO & PRACTICE The Importance of Change Language in Influencing Future Behavior Change.
14:15-14:30	Discussion & Q&A
DAY 2 — SUNDAY, NOV 15	
11:00-11:15	Overview & Introduction
11:15-11:45	OVERVIEW Four Fundamental Tasks of Motivational Interviewing
11:45-12:45	TEACHING & DEMO Introduction to MI Core Skills: OARS + I
12:45-13:00	Break
13:00-14:15	PRACTICE OARS + I Skills Practice
14:15-14:30	Discussion & Q&A

WHAT'S INCLUDED

- 7 hours of live, interactive training via Zoom across 2 days
- Guided practice with direct feedback
- One 30-minute 1:1 session reviewing a recorded coaching conversation of your own, with personalized feedback
- Certificate of participation

To ensure a high-quality learning experience, meaningful interaction, and personalised feedback throughout the workshop, participation is strictly limited to a maximum of 15 participants. Once all 15 places have been filled, applications will close.

EARLY BIRD — BY NOV 7

\$150
per person

NOV 8 - NOV 14

\$200
per person

REGISTER ON EVENTBRITE

REGISTRATION DETAILS

- A confirmation email with the Zoom link is sent shortly after registration.
- This workshop is practice-based — a working camera and microphone are needed to participate fully, and both sessions are required to receive your certificate of participation.
- Cancel before November 8 for a full refund. From November 8 onward, cancellations are non-refundable but may be credited toward a future Motivate2Change workshop.