MOTIVATE2CHANGE PRESENTS

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

December 12-13, 2026 · 9:00 AM - 12:30 PM (Eastern Standard Time, UTC-5) · 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
Personal trainers, Nutrition and Health Coaches

LEARNING LEVEL
Introductory

FORMAT
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, DEC 12	
09:00-09:10	Welcome and Workshop Overview
09:10-09:45	LECTURE & DISCUSSION — Core concepts of behavior change dynamics: Ambivalence, Fixing Reflex & Psychological Reactance
09:45-10:50	TEACHING, DEMO & PRACTICE — Spirit of MI: Way of Being, Trust in Human Growth Potential & Importance of the Working Alliance
10:50-11:00	Break
11:00-11:20	CONCEPT OVERVIEW — Four Tasks of Motivational Interviewing
11:20-12:20	TEACHING, DEMO & PRACTICE — Introduction to MI Core Skills: OARS + I
12:20-12:30	Discussion and Q & A
DAY 2 - SUNDAY, DEC 13	
09:00-09:15	Welcome and Reflections on Day One
09:15-10:05	SKILL PRACTICE — OARS Practice: Affirmations and Summaries
10:05-10:35	OVERVIEW & PRACTICE — Overview and Practice: Change and Sustain Talk
10:35-10:50	Break
10:50-11:20	OVERVIEW & PRACTICE — Overview and Practice: Providing Information and Advice
11:20-12:20	SKILL PRACTICE — OARS Skill Practice
12:20-12:30	Summary and Close

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 DEC 5
$150
per person

DEC 6 - DEC 12
$200
per person

Register now

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

Cancel before December 6 for a full refund. From December 6 onward, cancellations are non-refundable but may be credited toward a future Motivate2Change workshop.