**Introduction to Motivational Interviewing**

Introductory to Key Motivational Interviewing (MI) concepts. MI is a collaborative conversation style  
for strengthening a person’s own motivation and commitment to change.

In this 8-hour instructor-led workshop, participants will take part via a live webinar format (Zoom),  
watch videos, and engage in experiential exercises.

**Training Objectives**  
In this Introduction to Key Motivational Interviewing (MI) Concepts, participants will:

* Learn when to use MI or be in Equipoise
* Learn how ambivalence impacts behaviour change
* Be introduced to the Four processes of MI
* Be introduced to the Micro-skills (open questions, affirmations, reflections and summaries)

\*\*Participants will receive written materials and training link 1 week prior to the training.

Please note that participants would be required to have their video camera on throughout the training in order to receive a certificate of completion.

**Cost: $200 CAD**  
**Date and Time: Oct 26 & 27** // **1:00-5:00 (both days) Eastern Standard Time (EST)**

*Trainers for this course: Roxanne Sawatzky and/or Trudy-Lyn Wittig*