



TRAINING NEWS – April 2019

Over the last year we have trained over 1100 people in behaviour change Skills training in South Tyneside, Sunderland, Newcastle, Gateshead, Northumbria, Teesside, Darlington, Medway and Kent.

Courses delivered over the last year

- Tier 3 Make Every Contact Count using a **Solution Focused Approach**
- An Introduction to **Motivational Interviewing**
- Behaviour Change Conversation Skills Training
- Make Every Contact Count (MECC)
- Alcohol IBA
- Alcohol & Substance Misuse
- Smoking Cessation
- Emotional Health & Wellbeing
- Healthy Weight
- Sexual Health
- NHS Health Checks



We've trained staff from: Northumbria Police, Job Centre Plus, Tyne & Wear Fire Service, Early Help, Schools, Family Services, Secondary Care, Integrated Care, Adult Social Care, South Tyneside Homes, Waste Services, Public Health, Connect Health, Potens, General Practice, Hospital, Children Centres, Pharmacy, BHAWA Health Advocates and staff/ volunteers from community and third sector organisations.

Feedback

% of attendees rated our training good or excellent	95%
% rated their confidence in implementing what they had learned as high or very high .	93%

When asked to describe our training in one word, people said...



What people said about our training when asked what they like most?

- **“It will make my approach to 1:1 sessions with clients focus on the positives rather than the negatives”** *Solution Focused Approaches*
- **“Learning a new technique to initiate behaviour change conversation that is client focused and effective at encouraging self-reflection and efficacy”** *Solution Focused Approaches*
- **“Interactive - well balanced between theory and practice”** *Introduction to Behaviour Change Conversation Skills*
- **“Clear tools you can take home and use tomorrow in practice”** *Introduction to Behaviour Change Conversation Skills*
- **“Practical tools to take away. Practical experience from the trainer”** *Motivational Interviewing*
- **“The really useful toolkit to work with service users in the future”** *Motivational Interviewing*
- **“Gaining knowledge and insight around subject as well as learning motivational interviewing to help implement change and reflect on working practice”** *Alcohol and Substance Misuse*
- **“Trainer very knowledgeable. Interactive”** *Alcohol and Substance Misuse*
- **“Very informative and easy to understand”** *Healthy Weight*
- **“I thought I had good knowledge, however the course was well structured and I found out a lot”** *Sexual Health*
- **“Very informative and interactive can relate to yourself and others”** *Emotional Health and Wellbeing*
- **“Very informative, good participation, good knowledge from trainer”** *MECC*

