



BEHAVIOUR CHANGE AGENT

PRESENTED BY SIMON MATTHEWS
CEO WELLCOACHES AUSTRALIA | REGISTERED PSYCHOLOGIST

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CENTRAL COAST CLASS

OVERVIEW

Wellcoaches® Australia in partnership with the **Australasian Society of Lifestyle Medicine** is proud to present Behaviour Change Agent – a one day intensive program which supports health professionals in achieving more effective communication and enhanced client outcomes.

Learn the basis of health coaching skills which are used to assist clients to develop a vision for their own health and set reachable goals for behaviour change.

This one day evidence based program is interactive with skills practice opportunities.

PROGRAM CONTENT

- Provider/client partnership
- Appreciative inquiry and motivational interviewing
- Empathy, open inquiry, reflections and mindful presence
- Uncovering a client's "Why?"
- Positivity, self-efficacy and confidence for change

WHY SHOULD YOU ATTEND?

- You want to enhance your Lifestyle Medicine knowledge with skills for behaviour change
- You want to further develop your communication skills for better client outcomes.
- You don't need to be a Health Coach but you do need skills of effective coaching communication in your daily work.
- You're new to coaching and want to experience more about how coaching can make a difference to your clients and to you.

EVENT DETAILS & REGISTRATION

When: Saturday 23rd November

Where: Lifestyle Medicine Centre - Suite 3, Level 1, Mingara Health Building
7 Mingara Dr, Tumby Umbi NSW 2261

Cost: \$440 including GST

Inclusions: Morning Tea, Lunch and Afternoon Tea.

SUPPORTED BY:



[CLICK HERE TO BOOK TICKETS](#)