



Open Conversation Skills Philosophy

I am not responsible for the choices people make

Being given information alone does not make people change

People come to us with solutions

It is not possible to persuade people to change their habits



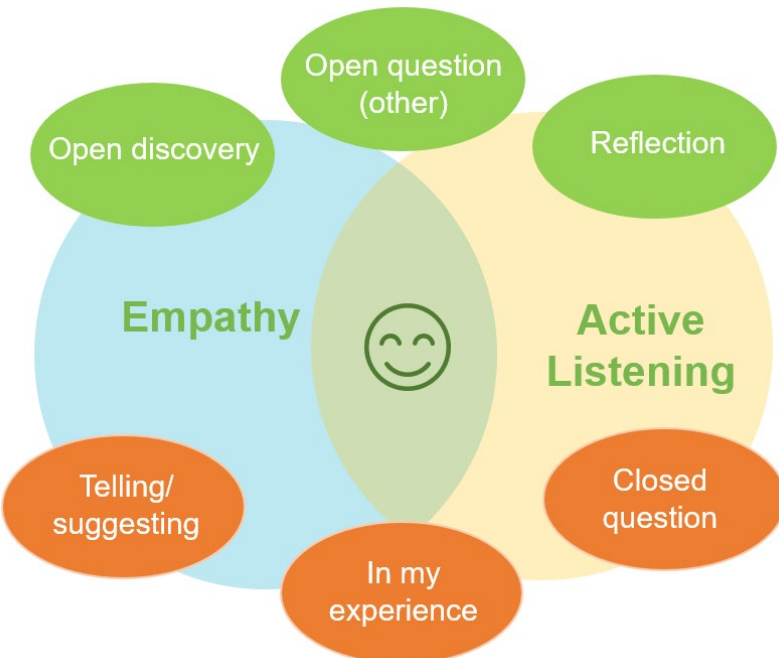
Health Education England

What?

How?



MECC Skills



Planning for Change

What would you like to change?

What's a small step that you could take towards this?

What would be good about this?

What could make it difficult?

What could you do to overcome this?

How important is this to you (1-10)?

How confident are you that you will be able to achieve this (1-10)?

The Determinants of Health

Exploring what can influence a person's health and wellbeing?

