

Motivational Coaching: Applying Motivational Interviewing Skills

DARLENE TRANDEL PhD, RN/FNP, CCP, ICF-PCC, Founder of the [Health and Well Being Institute](#) and [The Health Care Coach](#) has over 25 years of clinical practice, research and teaching in the health care industry. As a family nurse practitioner, Darlene is a Professional Certified Coach by the International Coaching Federation and she holds numerous advanced health/clinical coaching certifications and chronic care certifications. Darlene serves as coaching faculty/trainer in multiple ICF-Approved Coaching Programs, delivers workshops in evidence-based coaching strategies to the health, wellness and chronic care environments and serves as a health and well being coach and consultant to individuals and organizations.

"What Darlene shared was both research-based and SO immediately applicable. Her style was warm and engaging, her presentations were clear, her enjoyment of teaching the class was obvious, and I think the rich dialog among class members also added to the learning. I cannot recommend it too highly." – former class member

Wellcoaches Cancellation Policy

Cancellations and refund requests must be received in writing via mail or email. Any applicable refund will be determined by the date that the request is mailed or sent (if requested by email) according to the following policy:

- You may receive a full refund for cancellation, if requested two weeks or more in advance of the class start date.
- You may receive a 50% refund for cancellation, if requested one week in advance of the class start date.
- No refunds will be issued for cancellations less than one week in advance of the class start date.

INTRODUCTION

- ✓ Are you looking for evidence-driven coaching tools that motivate your clients towards change?
- ✓ Are you a health professional and feel the need to learn some motivational interviewing coaching skills?
- ✓ You've heard all the buzz about "motivational interviewing" and wonder what it's about?

Description: The widely used approach of Motivational Interviewing (MI) offers evidence-informed, person-centered communication skills and techniques helping professionals can use to achieve successful outcomes with their clients that invites and encourages growth and progress.

Target Audience: If your daily work entails challenging conversations with patients and clients around motivation and behavior change, this course will help you add more powerful motivational coaching strategies to your skill set. These skills can be applied to a clinical, organizational, and leadership setting by all health practitioners and professionals from all walks of life.

Date/Time: **Wednesdays, October 8 – November 12, 2014**
10:30 am PT / 1:30 pm ET
90 Minute classes

Location: Teleclass

Price: \$425
Fees must be paid in full prior to the start of classes

Referenced Resource but not required:
[Motivational Interviewing: Helping People Change, 3rd Ed](#)

**PDF readings will be accessible through a shared class site*

Register: [Click Here to Register](#)

Registration Deadline: Friday, October 3, 2014

CEUs: Wellcoaches - 9 CCEHs; ACSM - 9 CECs