

Motivational Interviewing Training

for NC Early Care & Education Coaches



WHAT IS MOTIVATIONAL INTERVIEWING (MI)?

MI is an evidence-based communication style used to partner with people and support them in preparing for and implementing new behavior. Training participants will become familiar with the fundamental spirit and principles of MI. Participants will learn and practice using specific applications (Open-Ended Questions, Affirmations, Reflections, Summaries). They will also have direct practice in applying the spirit of MI (Partnership, Acceptance, Collaboration, Empathy) in order to elicit and develop “change talk”.

WHAT TO EXPECT:

Join us as we examine the theory behind this approach to working with individuals to help them prepare for and commit to making change. Motivational Interviewing is designed to help people identify their readiness, willingness and ability to make meaningful change in their lives. We will talk about techniques ECE coaches/technical assistants can use to help teachers, directors and family child care home professionals find their own motivations and become empowered to make change to meet their own goals, rather than trying to persuade them to change.

This training includes a number of exercises to help participants integrate the practice of Motivational Interviewing into their work with directors, teachers and family child care professionals. It will consist of 13 total hours of training to include 1 hour of independent work.

WHEN?

Mon. July 13th : 9:30 - 5:00

Tues. July 14th : 9:00 - 3:30

WHERE?

[Erwin Square Mill Building,](#)
[2024 W. Main St, Durham, NC 27705](#)

WHO SHOULD REGISTER?

- Anyone providing one-on-one direct coaching/mentoring/consultation to child care professionals including:
 - Teachers of children under 5
 - Child care directors
 - Family child care professionals

ABOUT THE TRAINER:

Training facilitated by Rachel Galanter, MPH, certified member of the Motivational Interviewing Network of Trainers (MINT).



"Rachel is a great presenter and I like her style of presenting material and interactive activities"

"This was one of the best trainings I have had. Very engaging and informative. I left with real skills! Thank you so much!"

COST

- FREE to register, lunch provided both days
- Prior purchase of a ~\$50 workbook is required for participants
 - [Building Motivational Interviewing Skills, Second Edition: A Practitioner Workbook \(Applications of Motivational Interviewing\) Second Edition, Lay-Flat Paperback](#)



REGISTER
NOW



Registration opened on April 13 and will close on June 12. Participants who are selected will be notified by June 19. To register for this training, complete this [registration survey](#).