

Life Coach: LEARN THE ART OF MOTIVATIONAL INTERVIEWING

Zoom Graphics

Lessons Include:

- What is MI and how is it beneficial
- Resources for building on your skills of MI
- How to identify the Stages of Change
- Examples and application of Open-ended questions
- Examples and application of Reflections
- Examples and application of Affirmations
- Examples and application of Summaries
- Tips for moving past ambivalence
- Using MI in a pinch
- Putting MI to work in health and fitness settings

This introductory course is designed for students interested in a coaching style that is highly effective in reducing resistance by replacing it with lasting motivation and behavior change. Whether you're aspiring to a career in the health and fitness industry, a health enthusiast, or anyone looking to benefit the health of family and friends, this program is designed to empower and inspire you on your journey!



Course Objective: Learn Motivational Interviewing Techniques
Advised Direction: 10 Weeks

Modality: Online, self-paced, instructor-led
Total Charge: \$2,497 (scholarships available)

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