

# Are you



## Making Every Contact Count?

### eMECC-Lite – Free Training

Making Every Contact Count (MECC) training explores a different approach to communicating with people.

It's about changing the way we interact to help people to find solutions and to improve their health and wellbeing.

The theme of the training is around healthy lifestyle behaviours, but the skills acquired can be used to support change in any area.

#### What is the Training?

eMECC-Lite is an interactive 3-hour online session. You will discover:

- How using effective responses can help people to find their own solutions
- How you can support someone to explore their own health and wellbeing
- How you can support someone to think about their own behaviour change plan

The training is very participatory and draws on trainees' experiences and beliefs.

#### Who is it for?

This practical skills development training is for anyone who interacts directly with members of the public and with interest in supporting health and wellbeing.

This training has been delivered to a range of service providers including doctors, nurses, housing, libraries, job centres, social care, helplines, and many more.

#### Choice of session dates and times

**December 14<sup>th</sup> 2021 ... morning 9:30am–12:30pm**

**January 25<sup>th</sup> 2022 ... evening 6:00pm–9:00pm**

*Note: Due to the interactive nature of the training, if session sign-ups are too few, delegates may be offered an alternative date/time.*

**For more information or to book a place, contact**

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