

The weCHC Chronic Disease Self-Management Program Presents...

The Monarch System: Introduction to Motivational Interviewing Level I Workshop for Health Professionals



Dr. Jennifer Irwin & Dr. Don Morrow



Transforming health behaviour...

www.themonarchsystem.com

Workshop Objectives

- ◆ Work with an individual's resistance toward improved motivation re specific health goals
- ◆ Reduce professional burnout by learning to incorporate motivational interviewing skills into your work
- ◆ Facilitate an individual's real and authentic commitment to making important, short and especially long-term behaviour changes

WINDSOR

November 4, 2019

Caesars Windsor

9:00am — 4:30pm

Registration starts

at 8:30am

Lunch will be provided

Visit the following link to register:

https://monarchlevel1_nov4_2019.eventbrite.ca