



ALASDAIR CANT & ASSOCIATES

**MOTIVATIONAL INTERVIEWING INTERACTIVE HALF DAY WEBINAR FOR
HEAD TEACHERS IN TELFORD & WREKIN**

9.30am - 12.30pm Thursday 14th October 2021

£20 (minimum fee to secure place)

We have been fortunate to secure a highly regarded course for all head teachers in Telford and Wrekin (including maintained settings and our Academy partners) In acknowledgement of your leadership throughout the pandemic we want to secure opportunities that invest in you as senior leaders. Motivational interviewing is an invaluable tool proven to support change and relationship management. Head teachers from other local areas who have attended this course have rated it highly with feedback focused on how it has helped to significantly change their practice. Alisdair Cant and Associates are market leaders in the delivery of Motivational Interviewing Training.

In an environment of pressure on resources and increasing demand on services, we need a fresh and imaginative approach. This half day will give a practical overview of how Head Teachers can use a motivational skills approach to increase the collaboration with families and with each other to achieve better outcomes, sometimes against the odds.

Motivational Interviewing is designed to work with those most resistant to change or stuck in entrenched behaviours. Whatever our role in supporting children, young people and their families, this approach helps harness what little motivation there might be, and help it move in a positive direction for those involved. The model is based on looking first for what is working well in any situation and draws from that strength to address problems.

The key principles are:

- Engagement *with* the person, rather than doing something *to* them – i.e. change cannot be forced or pushed on to someone. It has to be internal for the person to be meaningful and long term.
- Rolling with resistance (NB this is not ‘rolling over’ or being passive)
- Expression of empathy
- Avoiding conflict
- Developing discrepancy in client’s thinking
- Supporting self-responsibility

Alasdair Cant & Associates www.cambridgetraining.org is delighted to be working with Telford & Wrekin to deliver Motivational Interviewing training. The approach works best when there is a shared understanding of what we are all trying to achieve. This will be a practical and interactive session 3-hour online session, with opportunities for demonstration, discussion, and questions, conducted in ways that model the principles of a motivational skills approach. We will explore together how we can all nurture even the smallest steps of progress, with the emphasis on encouragement and trying to bring out the best in others as well as ourselves.

Aim:

To gain an overview of a motivational skills approach

Objectives:

- To gain a practical understanding of Motivational Interviewing as a strengths-based approach
- To understand the cycle of behaviour change, and how it can help make conversations more productive
- To explore situations where there is resistance and ambivalence to change