



# Health Coaching & Motivational Interviewing for Health Professionals

Activity Code: AGI-03-P174

**Saturday April 20<sup>th</sup> & Saturday May 18<sup>th</sup> 2024 (Participants MUST attend both days)**

**Venue:** Qatar University, I06 FL1.10 - Research Dry Lab 13 (Physiotherapy Lab, 1<sup>st</sup> Floor)

**Target Audience:** Physiotherapy Practice Educators

## Aim:

The applied Health Coaching & Motivational Interviewing for Health Care Professionals Continuing Professional Development course will assist participants in advancing their skills related to patient communication through deepening their theoretical knowledge of and engaging in active listening, health coaching and motivational interviewing. As the course is practical in nature, four peer coaching sessions will be completed during the course and the 'coaching' experience as a coach and coachee will be reflected upon and reviewed both individually and as a group.

## Overall learning objectives:

1. Describe and demonstrate active listening skills, intuition and curiosity, which are required to understand a peer's health experiences in practice.
2. Summarize the transtheoretical model of health behaviour change and describe and apply it in practice as it relates to SMART goal setting. (Be able to assess/measure simple health behaviours related to physical activity, exercise, sleep, stress).
3. Discuss emotional intelligence (EI) and one's own level of EI. Demonstrate effective expression of one's emotions and needs.
4. Discuss the concept of health and wellness coaching and be able to apply various strategies and approaches including active listening and motivational interviewing with patients through understanding the spirit and techniques of motivation interviewing.
5. Collaboratively develop a health/wellness behaviour change program for a coachee as a coach for the duration of the CPD course.

## Speakers

- **Jennifer Allen**, Lecturer in Physiotherapy, Department of Rehabilitation Sciences, College of Health Sciences, Qatar University.
- **Taysier Elgaili**, Senior Wellbeing specialist, Vice President for Medical and Health Sciences Office, QU Health, Qatar University.

\* The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

\* "This activity is an Accredited group learning activity (Category 1) as defined by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum number of 14 Hours."

\* "CPD-HP (QU—Health) is accredited by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section (DHP—AS) as a provider of continuing professional development."

## Activity schedule

Saturday April 20<sup>th</sup> 2024

Time	Schedule and Learning outcomes
8:30 a.m. – 9 a.m.	Registration
9 a.m. - 10 a.m.	<ul style="list-style-type: none"> <li>Welcome and introduction</li> <li>Listening Self-Assessment (LO 1) <ul style="list-style-type: none"> <li>Group Discussion regarding Listening Self-Assessment results &amp; action plans (LO 1)</li> </ul> </li> </ul>
10 a.m. – 11 a.m.	<ul style="list-style-type: none"> <li>What is Active Listening? (LO's 1,4) <ul style="list-style-type: none"> <li>Role Play (LO's 1,4)</li> </ul> </li> <li>Mindful Listening Tips (LO's 1,4)</li> <li>What is Intuition? How can it be used in Coaching? (LO's 1,4) <ul style="list-style-type: none"> <li>Role Play (LO's 1,4)</li> </ul> </li> </ul>
11 a.m. -12 p.m.	<ul style="list-style-type: none"> <li>Asking questions from a position of Curiosity (LO's 1,4) <ul style="list-style-type: none"> <li>Role Play (LO's 1,4)</li> </ul> </li> <li>Health Behaviour Change and the Transtheoretical Model (LO 2)</li> <li>Setting SMART Goals (LO 2)</li> </ul>
12 p.m. – 1:00 p.m.	<b>LUNCH</b>
1 p.m. – 2 p.m.	<ul style="list-style-type: none"> <li>Quiz (LO 2)</li> <li>Elements of an effective Coaching Environment (LO 1)</li> <li>Peer Coaching &amp; Coaching Tools (LO's 1,4) <ul style="list-style-type: none"> <li>Peer Coaching Practice (LO's 1,2,4)</li> </ul> </li> </ul>
2 p.m – 3 p.m.	<ul style="list-style-type: none"> <li>Emotional Intelligence Quiz (LO 3)</li> <li>Emotional Intelligence Model (LO 3)</li> <li>Expressing Emotions and Needs (LO's 3,4)</li> </ul>
3 p.m. – 4 p.m.	<ul style="list-style-type: none"> <li>Overview of Motivational Interviewing (MI) and Key Steps (LO 4)</li> <li>The MI approach versus the Expert approach (LO 4)</li> </ul>
4 p.m. – 5 p.m.	<ul style="list-style-type: none"> <li>MI: Overview OARS Techniques (Open-ended questions, Affirmations, Reflections, Summaries) (LO 4)</li> <li>Review of Homework: Peer Coaching (LO's 1,2,4,5)</li> </ul>

Saturday May 18<sup>th</sup> 2024

Time	Schedule and Learning outcomes
8:30 a.m. – 9 a.m.	Registration
9 a.m. - 10 a.m.	<ul style="list-style-type: none"> <li>• Welcome and Review of Day 1 Material</li> <li>• Listening Self-Re-assessment (LO's 1,4) <ul style="list-style-type: none"> <li>○ Partner and Group Discussions regarding progress related to Listening Self-Assessment results and action plans (LO's 1,4,5)</li> </ul> </li> </ul>
10 a.m. - 11 a.m.	<ul style="list-style-type: none"> <li>• MI: Open-ended questions (LO's 1,4,5) <ul style="list-style-type: none"> <li>○ Technique Practice (LO's 1,4,5)</li> </ul> </li> <li>• MI: Affirmations (LO's 1,4,5) <ul style="list-style-type: none"> <li>○ Technique Practice (LO's 1,4,5)</li> </ul> </li> </ul>
11 a.m. -12 p.m.	<ul style="list-style-type: none"> <li>• MI: Reflections (LO's 1,4,5) <ul style="list-style-type: none"> <li>○ Technique Practice (LO's 1,4,5)</li> </ul> </li> <li>• MI: Summaries (1,4,5) <ul style="list-style-type: none"> <li>○ Technique Practice (LO's 1,4,5)</li> </ul> </li> </ul>
12 p.m. – 1:00 p.m.	<b>LUNCH</b>
1 p.m. – 2 p.m.	<ul style="list-style-type: none"> <li>• Quiz (LO 4)</li> <li>• MI: The “Righting” Reflex (LO's 1,4,5)</li> </ul>
2 p.m – 3 p.m.	<ul style="list-style-type: none"> <li>• Review of the MI Process and key concepts (LO 4)</li> <li>• MI: Dealing with Sustain Talk and promoting Change Talk (LO's 1,4,5) <ul style="list-style-type: none"> <li>○ Technique Practice</li> </ul> </li> </ul>
3 p.m. – 4 p.m.	<ul style="list-style-type: none"> <li>• Final Peer Coaching Session (LO's 1,4,5)</li> </ul>
4 p.m. – 5 p.m.	<ul style="list-style-type: none"> <li>• Course Feedback and Group Debrief</li> </ul>