

## Health Behaviour Change Part 2: In-person Practical Workshop Presenter(s) Toolkit

### Assign Lead to e-mail Andrea Bryden 1 month prior to confirm the following:

1. Provide the list of Participants and total numbers enrolled
2. Laptop with capability to play video with speakers and access to the internet for the video and ask Andrea who it was booked with
3. Projector
4. Confirm what time the building opens to support a ½ hour set up prior to participants arriving
5. Screen or blank wall

### Assign Presenter Slides if more than 1 Facilitator:

Presenter (s) Name	Slides
	Welcome
	Today's topics
	Live audit
	MI
	Stages of Change
	Responding to Different Stages of Change
	Talking about Change
	Change Talk
	Sustain Talk
	Change Talk
	Identifying Change Talk
	DARN-CATx2
	Change Talk diagram
	Identifying Change Talk
	Drumming for change
	OARS
	Reflective listening, reflectionsx2, how to offer reflections
	Reflections exercise, reflections (double-sided)
	Next reflections exercise, Eliciting Change Talk
	Scaling questions
	Scaling questions exercise
	Eliciting change talk
	Decisional balance
	Eliciting change talk
	Rolling with Resistancex2
	Giving advicex3
	Video
	Next Steps, Questions etc.

## **Resources Required**

6. Participant Sign-in Sheet (Print page 3)
7. Transtheoretical Model of Change – (Activity Print pages 6-10)
8. Poster sized post-it notes (7 pages)
9. Markers: 5 black and 5 not-black
10. Print the number of copies needed of power point presentation with speaker's notes

### **Enough copies of the following handouts for each participant:**

11. Participant Agenda
12. Health Behaviour Change power point - Print 3 slides per page double sided
13. Change Talk
14. Real Life Subjects for Enactments Handout
15. Examples of Open Ended Questions
16. Eliciting Change Talk
17. Decisional Balance worksheet

## Health Behaviour Change Part 2: In-person Practical Workshop

Site:

Date:

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## Transtheoretical Model of Change – Activity

### Part 1: Small Group Brainstorm

**Purpose:** To illustrate the change process using personal experiences of participants to maximize understanding.

**Time:** 40 minutes

**Group Size:** up to 20-24 participants

**Learner Risk:** Medium – they will be sharing some personal experiences about a change effort with others in small groups in a structured exercise.

**Materials:**

- 5 pages of flip chart paper that can stick to the wall.
- 2 coloured markers for each flip chart station – BLACK and NOT BLACK

**Set Up:** Prior to the workshop, prepare 5 flip chart pages as illustrated below.

Each flip chart will have one of the following headings:

- I Don't Need to Change
- I Might Change
- I Will Change, Just Not Now
- I Am Changing
- I Have Already Changed

Place flip charts around the room in the order listed above and leave 2 markers at each flip chart station.

I Might Change	
1) Needs to Happen	2) Get in Way

**Instructions:** See Power Point Slide

### Part 2: Small Group Brainstorm

**Instructions:** See Power Point Slide

### Drumming for Change Talk - Large Group Activity

**Purpose:** To listen to statements and determine whether or not it is a comment that would indicate change.

**Time:** 5-10 minutes

**Learner Risk:** Low

**Materials:** list of questions below

**Set up:** none

**Instructions:** See Power point slide

**At the end of the HBC session:**

18. Update the enrollment list of those who have attended and included their role. Request Andrea update LMS to indicate those who attended and those who did not show up with the HBC enrollment list she previously provided.
19. Request Andrea to send the HBC surveys out to participants as soon as possible for the HBC Session. Request once Andrea has had a chance to roll-up of the survey results if she could please send out to the facilitators and copy Caitlin and Rebecca.

# Health Behavior Change: from theory to practice

## Part 2 Classroom Training

### Facilitator Agenda

#### **9:00-9:15 or 1:00-1:15 Welcome and introductions**

- Housekeeping notes
- Icebreaker described in power point
- Live Audit described in power point

#### **9:15- 9:55 or 1:15-1:55 Review of Stages of Change and Activity**

- Review the stages of change posters that have been placed around the room
- Lead through *Transtheoretical Model of Change* activity in toolkit

#### **9:55- 10:05 or 1:55- 2:05 Change Talk Introduction**

#### **10:05- 10:15 or 2:05-2:15 DARNCAT and Drumming for Change**

- Review *DARNCAT* handout for participants
- Lead through *Drumming for Change Talk* activity in toolkit

#### **10:15- 10:35 or 2:15-2:35 Reflective Listening Techniques and Practice**

- Group exercise on practicing reflections to facilitators statement as described in power point using *Examples of Open Ended Questions to Evoke Change Talk* handout
- Partner exercise using *Real Life Subjects for Enactment* handout

#### **10:35 -10:50 or 2:35- 2:50 Break**

#### **10:50- 11:05 or 2:50-3:05 How to use Scaling Questions and Activity**

- *Eliciting Change Talk* handout
- Partner exercise described in power point presentation

#### **11:05- 11:20 or 3:05-3:20 Decisional Balance Worksheet**

- *Blank templates* provided in participant handouts

#### **11:20-11:30 or 3:20- 3:30 Tips on Rolling with Resistance**

- Review key messages

#### **11:30-11:40 or 3:30-3:40 When it is okay to give advice**

#### **11:40-11:55 or 3:40- 3:55 Video: successful HBC conversation**

- Before playing video, identify what is done well within this unscripted conversation
- Conclude by reiterating that the LMS is there to be retaken for reminder, etc. and that practice is essential to maintain skill.

#### **11:55-12:00 or 3:55-4:00 Wrap up**

- Questions
- Survey

# I Don't Need to Change

1) Needs to Happen      I      2) Get in Way

# I Might Change

1) Needs to Happen

I

2) Get in Way

# I Will Change, Just Not Now

1) Needs to Happen      I      2) Get in Way



# I Am Changing

1) Needs to Happen      I      2) Get in Way

# I Have Already Changed

1) Needs to Happen      I      2) Get in Way