

MECC Lite Training

Healthy
Conversation Skills
Making Every Contact Count+

What is MECC?

Making Every Contact Count (MECC) is a behavioural approach which enables individuals to use a **different approach** to working with people to address health and wellbeing. It's about altering **the way we interact** with people to improve the **self-efficacy** of individuals in order to help them identify ways to **improve their wellbeing**.

What is the Training?

MECC Lite training consists of a 3-hour face to face training session in which you will discover:

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

Who is it for:

This practical skills development training is for front line workers who interact with the public and have an opportunity to support health and wellbeing. This training has been delivered to a range of workforces including doctors, nurses, APHs, housing, libraries, job centres, social care and many more.

The training is very participatory and draws on trainees own experiences and beliefs. Each session is tailored to the training needs and helps facilitate them to identify opportunities in their own roles to use the skills gained from the course.

Let's start asking the right questions

WHAT?

HOW?

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MECC Healthy Conversation Skills Training

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What is the Training?

MECC Healthy Conversation Skills training consists of two 3-hour face to face training sessions in which you will discover:

- How you can support someone to make healthy changes by exploring their world
- How using more effective responses can help people find their own solutions
- How you can support someone to make a behaviour change plan
- What the benefits are of spending more time listening to our service-users
- A range of behaviour change techniques and how they can be used
- An opportunity to practice and embed the skills

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WHAT?

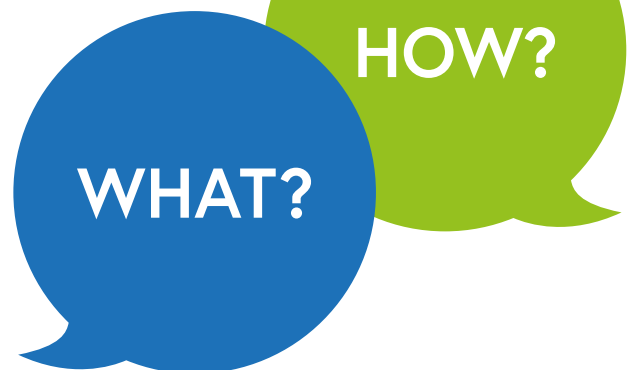
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