



# Healthy Conversation Skills

Making Every Contact Count+

## What is MECC+?

Making Every Contact Count+ enables organisations and individuals to develop the skills and confidence to have healthy conversations with people to address health and wellbeing.

## What are Healthy Conversation Skills?

Telling people what to do is not the most effective way to help them to change. Healthy Conversation Skills alter how we interact with people through learning how to recognise opportunities to talk to people about their wellbeing.

Let's start asking the right questions



WHAT?



HOW?

[www.healthyconversationskills.co.uk](http://www.healthyconversationskills.co.uk)



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