

ACTION PLAN

Developed in collaboration with Helen Mentha of Mentha Consulting , July 2009

MOTIVATIONAL INTERVIEWING – WHERE TO NOW?

Thank you for your participation in the Motivational Interviewing workshop! South Coast PCP would like to continue to support you in translating the ideas and skills from the workshop into your work practice. This form is designed to assist in this process and enable us to evaluate the benefits of offering this type of training to local services.

No.	<u>Goal</u>	<u>Action</u> What will you do?	<u>Time Frame</u> When will you do it?	<u>Outcome</u> How will you know you met your goal?
1.	Getting started When I get back to work I want to try...			
2.	Learning The techniques I would like to practice over the next 4 months are...			
3.	Unlearning When I get back to work I want to try to do less...			
4.	Support I will nurture my on going development in MI by...			
5.	Reinforcement When I do take the time to practice the skills I will reward myself by...			
6.	Sharing I will promote MI in my workplace by...			

