



GOOD CONVERSATIONS: WEBINARS FOR THE VCSE WORKFORCE

Who is the training is for?

The course is for anyone who has opportunities to chat to others about issues that affect their health and wellbeing. An important focus is on conversations relating to social and wider determinants of health, such as loneliness, poor mental health, fuel and food poverty, poor living conditions and financial debt.

Making Every Contact Count (MECC) free online course

Course objectives

The session aims to build confidence, knowledge and skills required to MECC and to provide participants with resources specific to supporting people to take better care of their health and wellbeing.

With its strong emphasis on core communication skills, the course also provides excellent foundation-level training for staff who plan to engage in more specialist training in areas such as: mental health first aid; and motivational interviewing.



Course outline

Each session covers the following modules:

- What is MECC?
- Issues affecting people
- Good conversations
- Skill areas and practical tips
- 3As: Ask-Assist-Act
- Resources to help you

Book your place here

Weds 22nd June @ 13:00 - 14:30

Mon 27th June @ 10:00 - 11:30

Thurs 30th June @ 14:00 - 15:30

Tues 5th July @ 10:30 - 12:00

Weds 13th July @ 9:30 - 11:00

Tues 19th July @ 15:00 - 16:30

Mon 12th September @ 13:00 - 14:30

Thurs 15th September @ 10:00 - 11:30

Tues 20th September @ 14:00 - 15:30

Weds 28th September @ 10:30 - 12:00



[Making Every Contact Count Community of Improvement](http://yphnetwork.co.uk)
(yphnetwork.co.uk)