

The MAP of Health Behaviour Change Training Programme

Do you work with people who need help to change their behaviour to?

- Improve health
- Prevent disease
- Manage a long-term condition

The new MAP training programme, from **NES Psychology**, is based on the **MAP** (Motivation, Action & Prompts) model of behaviour change, and will support you to:

- Effectively **structure** your behaviour change conversations
- Deciding **which** behaviour change techniques (BCTs) to use, and **when** to use them
- Use BCTs and existing skills with **confidence**

Who is the training aimed at?

- All health and social care staff who have an opportunity to support others to change their behaviour

Learning Objectives:

By the end of the training programme, you will have:

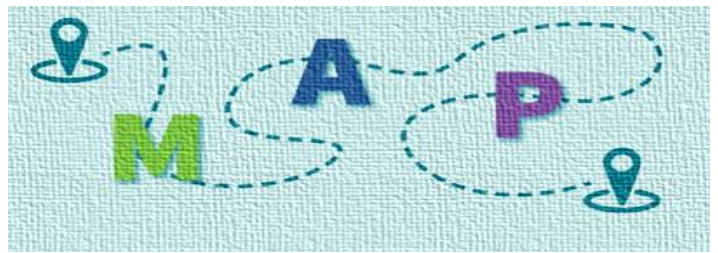
- Developed knowledge and understanding of the MAP model and how it can be used in practice to support patients/clients to change their behaviour
- Developed skills in applying the MAP process and the BCTs within it
- Created a plan to embed the skills in your every-day practice

The programme consists of:

Introductory eLearning Module – interactive, scenario based learning (approx. 45 mins duration)

MAP Workshop – safe space to practice using the MAP approach, BCTs and responding to challenges

MAP Network – coaching sessions provide ongoing support, further develop skills and build confidence



For more information, go to www.nes.scot.nhs.uk and search for
'behaviour change'