



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

Self-Management and Professional Development Training for Healthcare Professionals

Brief Action Planning

Brief Action Planning (BAP) is a structured, patient-centred approach based on the principles and practice of Motivational Interviewing. Participants will learn practical communication skills to support patients in setting goals, creating action plans, building confidence, and making healthy behaviour changes.



Join us online via Zoom

During this 1-day workshop learn how to:

- Describe the Spirit of Motivational Interviewing in health behaviour change
- Use three core questions during patient visits
- Demonstrate five core skills for patient-centred action planning
- Assess patients' confidence and commitment to change
- Apply brief communication strategies to support self-management and behaviour change

Register today

Online: kchc.ca/programs/regional-self-managment-program/ or
Email: selfmanagement@kchc.ca



Workshop date Oct. 23rd

Space is limited.

