

If being healthy is so good for us – why don't we do it?

Date and Venue:
Thursday 4th October, 2012
Alverton Manor Hotel, Truro

Course Organiser:
Carrie Bradburn, Dental Postgraduate Tutor

Course Lecturers:
Kit Maher
Carol Brooking
Cascade

Programme

09.00 – 09.30	Registration and Tea/Coffee
09.30 -11.00	Encouraging health behaviour change
11.00 - 11.30	Tea/Coffee
11.30 -13.00	Why don't they?
13.00 – 14.00	Lunch
14.00 – 15.00	Motivation
15.00 – 15.30	Tea/Coffee
15.30 – 16.30	Strategies
16.30	Close

Aim:- To explore ways to support patients in health behaviour change

Objectives:- By the end of the training delegates will

Have been involved in a number of enjoyable and thoughtful activities that encourage health behaviour change

Understand what motivates people, why they often lose motivation and why they often don't change

Have developed strategies for enabling patients to discover how important health behaviour change is and motivate them to consider making changes