

Creating Change in a 15 Minute Consultation

WHEN Thursday, July 22nd 2021
1:00 PM - 2:00 PM

WHERE Online

COST Free



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and [registration details](#)

Health professionals want to support clients to change their behaviours, but often believe a behaviour change approach takes more time than their consultation offers.

While a traditional approach of directing the client and providing solutions may be effective from the perspective of the health professional, often this approach establishes the client as a passive participant in their health. Clients can be more resistant to change if they feel their autonomy is compromised.