



MOTIVATIONAL INTERVIEWING TRAINING

Join us for this interactive two-day workshop designed to build your confidence and competence in using Motivational Interviewing (MI) to support change. Whether you're new to MI or looking to sharpen your skills, this training offers hands-on practice and practical strategies you can use right away.

Questions?

Health.Wellness@azwestern.edu

**July 23 & 24th
8AM-5PM
MAC 168**

What You'll Learn:

- The Four Tasks of Motivational Interviewing and how to apply them to support growth and change
- Core skills like OARS and empathetic listening to enhance communication, build trust, and reduce resistance
- Techniques to foster partnership, acceptance, compassion, and empowerment in conversations
- Practical tools for guiding change that benefit your career, personal relationships, and everyday interactions



REGISTER NOW

