



## Motivational Interviewing – Into Practice

### Week 1 Learning Activity

Interview someone about a change they've made.

- Client, colleague, friend, family, person on the street:

Find out:

- What **motivated** them to make the change?
- What did they **do** to make the change?
- What were their **reasons for & against** making the change?

*Consider: Keeping a Journal for your reflections during our time together*