

Making Every Contact Count Lite Virtual Training

- **FREE** training
- Royal Society of Public Health accredited
- You will need access to Zoom and a laptop or computer to complete this training



Making Every Contact Count (MECC) is a behavioural approach which enables individuals to use a different approach to working with people to address health and wellbeing. It's about altering the way we interact with people to improve the self-efficacy of individuals in order to help them identify ways to improve their wellbeing.

What is the Training?

MECC Lite Training consists of a 3-hour virtual session via Zoom in which you will discover:

- How you can support someone to explore their own health and wellbeing
- How using more effective responses can help people to find their own solutions
- How you can support someone to think about their own behaviour change plan

Delivered in your workplace for groups of 6 or more people
Contact us for more information and to book...

Call: **0333 005 0093**

Email: **eh.trainingCP@healthyyou.org.uk** or

Visit: **www.healthyyou.org.uk**



Healthy You