

MOSSHEALTHSKILLS

Course: RSPH Level 2 Award in Understanding Behaviour Change

Reference Number: 1500

The aim of this qualification is to provide the learner with the knowledge and confidence to offer opportunistic brief advice, or engage in brief interventions with individuals about behaviour change which could improve their health and well-being.

This qualification will enable learners to understand the importance of listening, hearing and observing when establishing appropriate relationships with individuals for the purpose of helping them to develop strategies to undergo behaviour change. It will also help learners engage with individuals, if appropriate, for the purpose of brief advice and brief interventions and to support them in improving their health and well-being.

Part one: Introduction and Associated Guided Learning. Directed learning from your own personal experience is required to be undertaken during the time leading up to the one day event. **It is essential that this work is completed prior to the training to ensure that the entire syllabus is covered. This pre-course work will be used during training.**

Part two: Course event

Contents:

- Effective communication
- Supporting positive health behaviour
- Supporting the development of individual's strategies for lifestyle/health behaviour change
- Supporting individuals with a lifestyle or behaviour change implementation plan

Award Assessment takes the form of a 45 minute 30 multiple choice question assessment.

To pass you will need to achieve at least 20 correct answers.



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