

Quality Conversations-Supporting People to Support Themselves

Our Supporting People to Support Themselves Training aims to support staff to have conversations about Self-Management with the people they work with. It equips staff with the skills to introduce and promote self-management and enables them to understand how to support people to manage their own care.

What did people learn on the programme that they will apply in their day- to-day roles?

“Using pull techniques and phrasing conversations about self-care differently on the opening to make sure service users will engage in conversations so we can work together to find solutions.”

“Being more open to encouraging patients to think about how they will make a change rather than telling them what to do.”

“I will continue to practice quality conversations and have more confidence in bringing up self-management where applicable.”

Book using the links below or [on our website](#):

September dates

[Thursday 19/09/2024- 9.30am-12.30pm](#)

NEW! November dates

[Tuesday 12/11/2024-1.15pm-4.30pm](#)

Best Wishes,

Laura Walton-Taylor (she/her)

Project Lead- Quality Conversations (3 days)

Health Literacy Officer (2 days)

[Quality Conversations, Personalisation and Health Literacy » Joined Up Care Derbyshire](#)