# **Quality Conversations Training**



Quality Conversations training sessions are designed to enhance your communication skills, promote person-centred approaches, and support effective health coaching techniques. Click the links below to book your place!

#### Core Skills:

This interactive session covers the impact of health inequalities, understanding bias, and developing listening and communication skills.

- Wednesday 12/03/2025- 9.15am-12.30pm
- Wednesday 19/03/2025 1.15pm-4.30pm

## **Having Better Mental Health Conversations:**

- Thursday 13/03/2025- 1.15pm- 4.30pm
- Tuesday 18/03/2025- 9.15am- 12.30pm
- Thursday 20/03/2025- 1.15pm-4.30pm

## **Having Behaviour Change Conversations:**

Tuesday 11/03/2025- 1.15pm- 4.30pm

## **Supporting People to Support Themselves:**

Thursday 06/03/2025- 9.15am-12.30pm

#### **Clear Conversations- Verbal Health Literacy:**

Wednesday 26/03/2025- 1pm-3pm