



## Surrey Heartlands MECC Course Outcomes

### **1.5 Hour Workshop (2 hours study time with pre-course reading)**

*N.B: The 1.5 hour workshop is aimed at those with previous experience of behaviour change/communication skills and will require completion of NCBC's pre-course reading or the Kent, Surrey & Sussex MECC e-learning programme*

#### **Aim:**

To obtain information & knowledge about the MECC programme along with an introduction to the foundational skills required to 'start a healthy conversation'

#### **Learning Outcomes:**

- To have an awareness of the MECC National Programme and it's local relevance
- To understand and practice some of the basic skills required to initiate a skilful conversation around healthy lifestyles
- To have a brief introduction into the evidence-based research & practice that supports behaviour change
- To have knowledge of local lifestyle services relevant to topic areas
- To think about how to embed the learning into individual roles
- To be made aware of the next steps of learning around having skilful, evidence-based conversations to support behaviour change

### **3 Hour Workshop (3.5 hours study time with pre-course reading)**

*N.B: This 3 hour workshop is aimed at anyone who has contact with the public and includes completion of NCBC's pre-course reading or the Kent, Surrey & Sussex MECC e-learning programme*

#### **Aim:**

To obtain information & knowledge about the Level 2 MECC programme and be introduced to the importance and foundational skills required to hold a brief intervention around lifestyle changes.

#### **Learning Outcomes:**

- To have an awareness of the MECC National Programme and it's local relevance

- To understand and practice some of the basic skills required to conduct an assessment of readiness to change
- To practice exploring basic skills needed to provide a skilful conversation around healthy lifestyle changes
- To have knowledge of local lifestyle services & referral pathways relevant to key health areas
- To explore the psycholinguistics relating to behaviour change conversations
- To have an introduction into the evidence-based research & practice that supports behaviour change in health
- To learn 'Next Steps of Learning' for those wanting to become more skilful & proficient in conducting conversations around change

### **Full Day Workshop (7.5 hours study time)**

*N.B: This course is aimed at anyone coming in to contact with the public.*

#### **Aim:**

To obtain knowledge, skills and confidence to conduct skilful brief interventions to support others to consider change around healthy lifestyle choices

#### **Learning Outcomes:**

- To have a good understanding of the National MECC framework
- To explore the importance of behaviour change conversations/interventions within our roles
- To understand and practice key skills required to conduct a readiness to change assessment & a skilful conversation around healthy lifestyle choices
- To feel more confident to conduct a full MECC conversation and refer into local lifestyle support services
- To learn 'Next Steps of Learning' for those wanting to become more skilful & proficient in conducting conversations around change



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