



MOTIVATIONAL INTERVIEWING



100% Online
& On-Demand



Self-Paced &
Self-Directed



4+ Hours of
Learning Content



Exam Driven



Multi-Media
Learning Platform



Tirza Barnes
CEO, Tirza Motivates!

TOPICS INCLUDE

- What is MI?
- Remembering Your Why
- Inspiring Yourself to Change
- Identifying Change in Others
- The Practice of OARS
- Open-Ended Questions
- Using Affirmations to Empower
- Reflective Listening Application
- How, Why & When to Summarize
- Rolling with Resistance
- Co-Creating Change Plans
- Bonus Role Play Video

FEATURING

Tirza's expertise, unmatched energy, enthusiasm and passion makes any course, workshop or keynote worth experiencing!

"My work is rooted in the art of empowering others and fostering personal and professional change, through practical, life-changing strategies. Let's journey towards best practices —together!" - Tirza



LEARN MORE AT WWW.WORKFORCE180.COM/MI