



ACTIVE CONVERSATIONS

Active Conversations is an initiative by [Moving Medicine](#) and the [Faculty of Sport and Exercise Medicine UK](#), in partnership with [The Academy for Health Coaching](#) and [White Leaf Solutions](#).

What is Active Conversations?



Active Conversations is a practical, evidence-based online learning course - developed by clinicians, for clinicians - that teaches you how to have **quick, effective** and **positive** conversations that encourage patients to become and stay more active.

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CONVERSATIONS



Enrol today, gain access today!

Flexible bite-sized online learning
at your own pace

6 modules including all learning
materials to help you have
better conversations



Practical concepts, demonstrations, strategies
and scripts to help you practice your active
conversation skills



Discussion forums to discuss
and support each other

Gain skills and confidence to guide your
patients towards improved health and
a more active lifestyle.





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“Definitely has been a worthwhile course and has opened my eyes to a different approach to tackling problems not just for physical exercise but other aspects of healthcare.”

Hazel Coburn, Midwife, NHS

Learn how to...

1

Engage people in conversations about physical activity without triggering defensiveness

2

Keep conversations short, focused and effective

3

Strengthen patient motivation by linking to what matters to them

4

Avoid common traps like the 'yes...but...' trap



We have two courses available:

- The Foundations course, accredited for **6 CPD points**
- The Full course (includes Foundations) accredited with **16 CPD points**

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Course details

Foundation Course

- ✓ Practical, actionable content
- ✓ Instant access to your personalised learning environment
- ✓ Fully responsive learning anytime, anywhere
- ✓ Online and offline learning at your fingertips
- ✓ 6 CPD points and downloadable completion certificates
- ✓ FREE mobile app

Full Course

- ✓ Everything within Foundations
- ✓ Additional in-depth content, tools and strategies
- ✓ Community forums for knowledge sharing and support
- ✓ 16 CPD points and downloadable completion certificates
- ✓ FREE mobile app

Course pricing

Foundation Course

£120

Full Course

(Includes Foundations)

£250

There is a discount of **10%** when booking 10 places or more.

Further discounts available when booking 50+ places.

Please contact activeconversations@movingmedicine.ac.uk for further information.

Foundation Course (6 CPD Points)

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The Foundation course helps you have better conversations with people and patients about physical activity. The course and its exercises are designed to fit into and around busy lives. The two foundation modules contain a mixture of learning materials including video demonstrations, downloadable tip sheets, guides and worksheets, practice tasks and quizzes.

COMMUNICATION

Learn how to open conversations about physical activity in ways that are engaging rather than challenging

BEHAVIOUR CHANGE

Keep conversations short, focused and effective

CLINICAL PRACTICE

Learn how to transition into a more person-centred coaching style from a more clinical conversational style

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Full Course (16 CPD Points)

The Full course is grounded in the everyday conversations you have in clinical practice and is designed to be able to fit in around busy lives. Modules contain mixed learning materials including video demonstrations, downloadable tip sheets, guides and worksheets, practice tasks, friendly discussion forums and quizzes.

COMMUNICATION

Learn how to open conversations about physical activity in ways that are engaging rather than challenging

Understand the key processes that help you structure conversations about physical activity

Learn a simple technique to help you deliver information that ensures people engage with it

BEHAVIOUR CHANGE

Help surface and strengthen people's own reasons for change as well as their confidence (self-efficacy) for change – whilst strengthening the relationship and reducing resistance

Understand and avoid common traps in conversations about increasing physical activity

Learn techniques to help patient visualise the future to strengthen motivation and hope

CLINICAL PRACTICE

Learn how to transition into a more person-centred coaching style from a more clinical conversational style

Learn how adjust your conversation to the time available – via our 1 minute, 5 minutes and more minute conversations

Develop skills to help a person develop and own their own personalised plan (without any 'prescription' in sight!)

What's in it for you?



1

Better, more effective brief conversations

2

Less stress, less resistance, better alliance

3

Transferrable skills which will serve you well in other settings

4

And 16 CPD points along the way!

How it works!

Learn with, engage with and support others in forums*

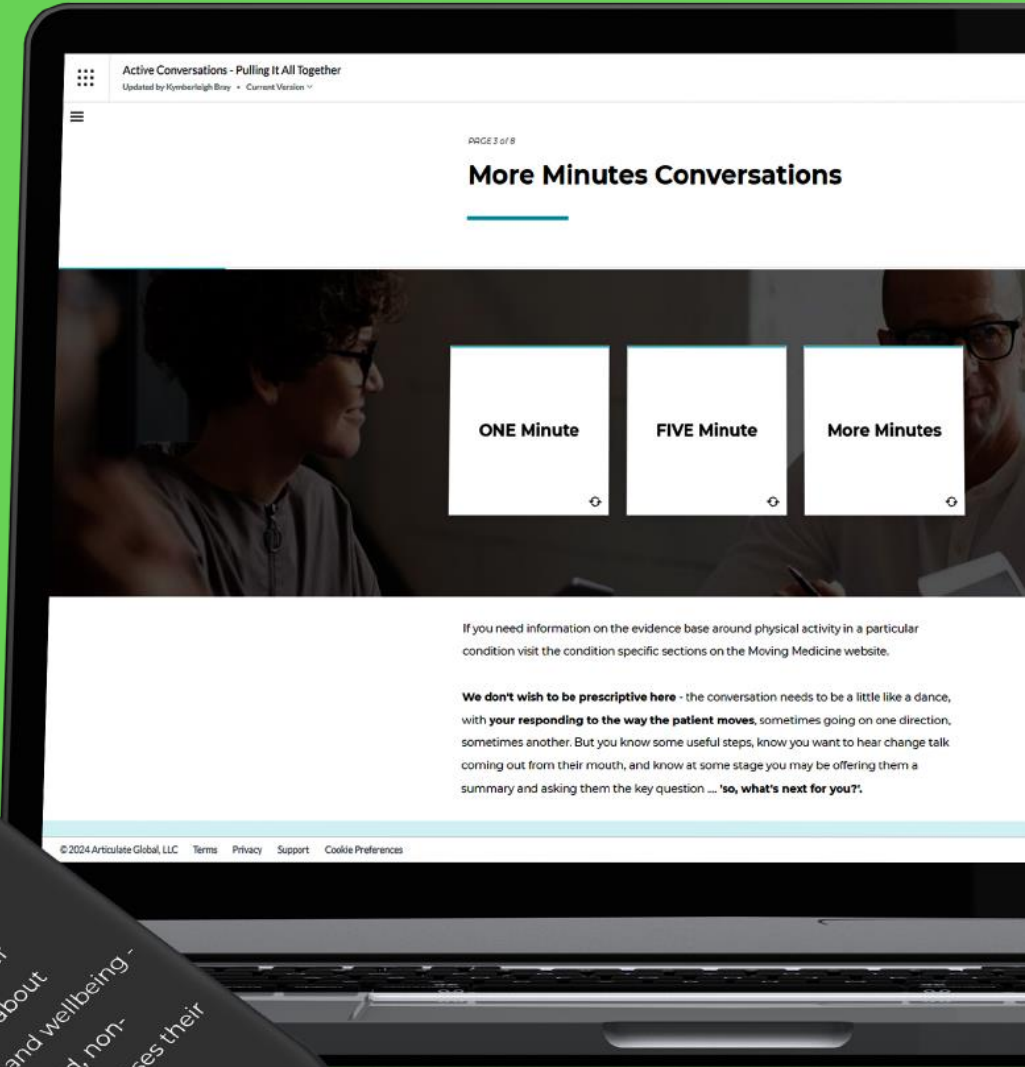
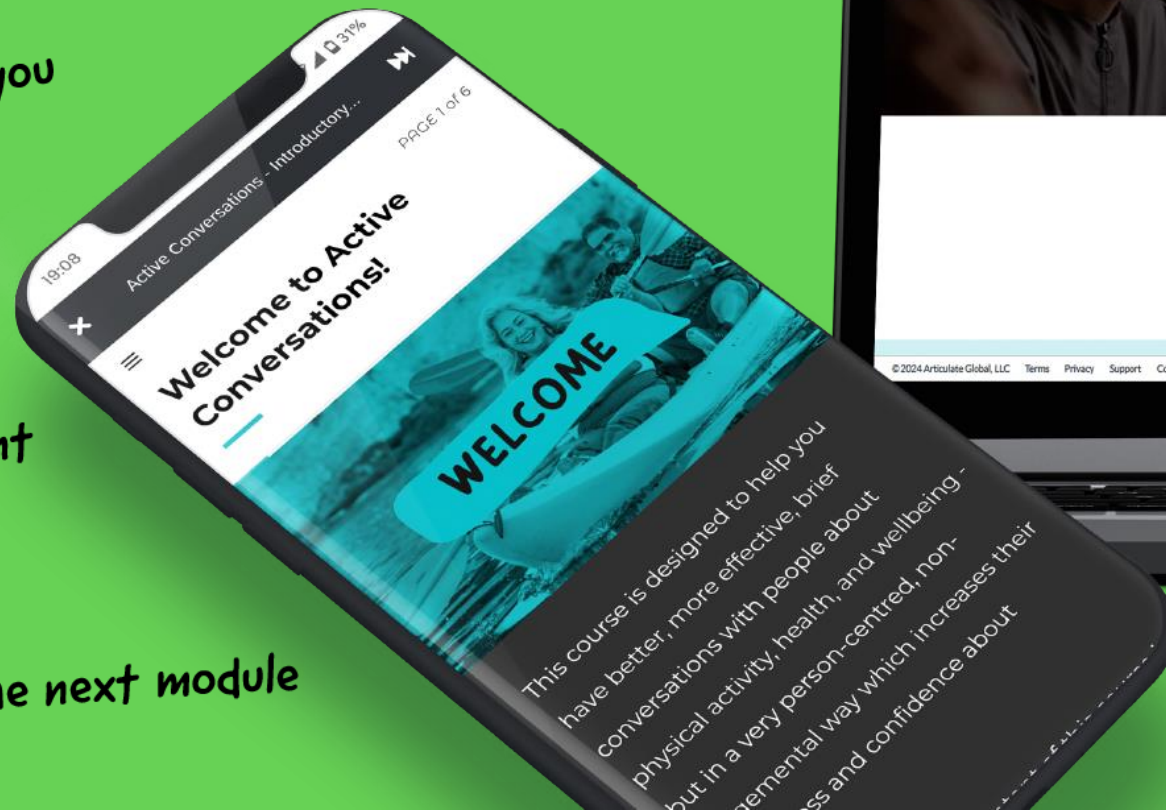
Easily weave into workplace settings

Access at a time that suits you

Develop new and important conversational skills

Move onto the next module

* Full course only





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Please contact activeconversations@movingmedicine.ac.uk to enrol yourself or your team today!