

Conversation skills

Motivational Interviewing Resources

Encouraging Participation

Not everyone feels ready to make changes to their health in the moment. For some people, change can feel uncertain, scary, too hard, or simply not a priority right now. And even when someone does feel ready, that motivation can go up and down over time.

That's where you can make a real difference. Through supportive conversations and gentle encouragement, you can help break down barriers and motivate people towards being ready for change. Every conversation is a chance to plant a seed, build confidence, and make taking that first step easier.

For a deeper understanding of conversation skills around behaviour change, the following resources are recommended:

- Healthify: [Motivational interviewing for healthcare providers](#)
- RACGP: [Influencing Behaviour Change in general practice](#)
- RACGP: [Motivational Interviewing Techniques](#)
- Insight & Dovetail: [Brief Interventions for a Healthy Lifestyle eLearning suite](#)
- AIPC: [Principles and techniques for Motivational Interviewing](#)

This script can support you to start a conversation about Wellness my Way:

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- Wellness my Way is a FREE service now available to South West Queensland.
- There are many things we can all do to improve our health: eating well, moving more, quitting smoking, and improving our mental wellbeing.
- Making changes can be hard, but Wellness my Way helps you find what's available in your community – and gives you the support so you don't have to do it alone.
- Can I give you the link for the health check? It takes about 15mins to complete.
- You can then work with a telephone coach who will connect you with free or low-cost programs that support you to make small changes that can have big impacts on your health and wellbeing.

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For more information visit:
<https://hw.qld.gov.au/wellnessmyway/>

Wellness my Way is an initiative of the Queensland Government, delivered in partnership by Health and Wellbeing Queensland, Queensland Health's Health Contact Centre, South West Hospital and Health Service and The Health and Wellbeing Centre for Research Innovation at The University of Queensland.