

# Life Coach: Learn the Art of Motivational Interviewing

Workforce  
Academy

## Lessons Include:

- What is MI and how is it beneficial
- Resources for building on your skills of MI
- How to identify the Stages of Change
- Examples and application of Open-ended questions
- Examples and application of Reflections
- Examples and application of Affirmations
- Examples and application of Summaries
- Tips for moving past ambivalence
- Using MI in a pinch
- Putting MI to work in health and fitness settings

This introductory course is designed for students interested in a coaching style that is highly effective in reducing resistance by replacing it with lasting motivation and behavior change. Whether you're aspiring to a career in the health and fitness industry, a health enthusiast, or anyone looking to benefit the health of family and friends, this program is designed to empower and inspire you on your journey!

Objective: Learn Motivational Interviewing Techniques  
Advised Duration: 10 Weeks  
Modality: Online, Self-paced  
Total Charge: \$2497.00



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