

## Motivational Strategies for supporting young people who are NEET

**Target group:** Experienced Personal Advisers, IYSS & TYS staff who already have a good grounding and skills in structured interviewing and wish to enhance their practice with Motivational Interviewing techniques

*This course will **further enhance** underpinning knowledge and performance criteria of the current NOS for LDSS Level 4 suite of interview units 30, 34, 35 & 60 (or OCR units 3, 10, 11 & 41)*

### Course Aims:

- To assist practitioners to refine their ability to create empathy and rapport by exploring different ways to motivate clients who are 'stuck', 'challenging' or 'difficult' towards change
- To introduce practitioners to Motivational Interviewing (MI) techniques and their connections with underpinning theories of Neuro Linguistic Programming (NLP) and Emotional Intelligence (EI/EQ)

### Learning Objectives:

- To understand the underpinning theory and develop skills in Motivational Interviewing techniques and their applications to assessing needs through APIR and/or the Common Assessment Framework
- To examine the meaning of Emotional Intelligence and how the techniques of NLP and MI can support its development
- To increase effectiveness in communication and building positive relationships with clients through MI and NLP techniques in order to provide a holistic service
- To learn how to use language as a tool to support young people to make changes that are desirable and feasible

### Course methodology:

The two days will be delivered by an experienced trainer in guidance, training & development, human resources and adult education. It will adopt a highly participative and fun approach to introducing potentially new ideas and concepts and building on and enhancing existing interviewing skills.