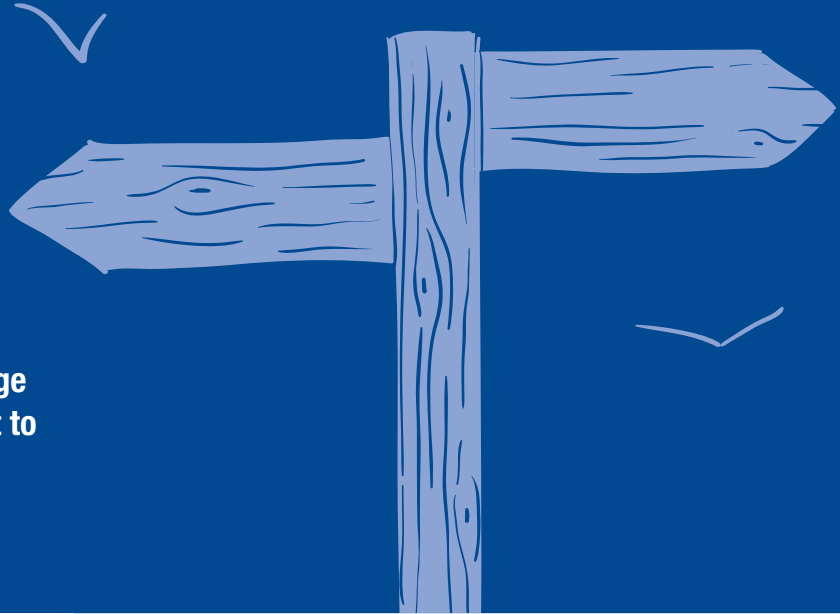


## Level 2

# Award in Supporting Behaviour Change

This qualification will give learners the knowledge and skills they need to support people who want to make a health behaviour change.



### WHO NEEDS THIS QUALIFICATION?

- Healthcare workers
- People with a role involving healthcare in a community setting
- Healthcare practitioners
- Social care and community healthcare professionals
- Health & wellbeing coaches
- Public health assistants

### WHY RSPH?

RSPH is the UK's leading independent OFQUAL regulated awarding body for public health qualifications.

### HOW IS THIS QUALIFICATION ASSESSED?

Candidates will be assessed by multiple choice examination.

### WHAT DOES THIS QUALIFICATION COVER?

- How to communicate effectively with someone who wants to make a health behaviour change
- What to avoid discussing in conversations about behaviour change
- The different models of behaviour change and how they can be applied in practice
- The potential hurdles to overcome when someone wants to make a behaviour change
- How to present information about services accurately and effectively
- How to set an effective SMART health goal
- How to record information before and after a behaviour change



**Guided Learning time:**  
**8 hours**

**Total qualification time:**  
**8 hours**

**1 unit**

