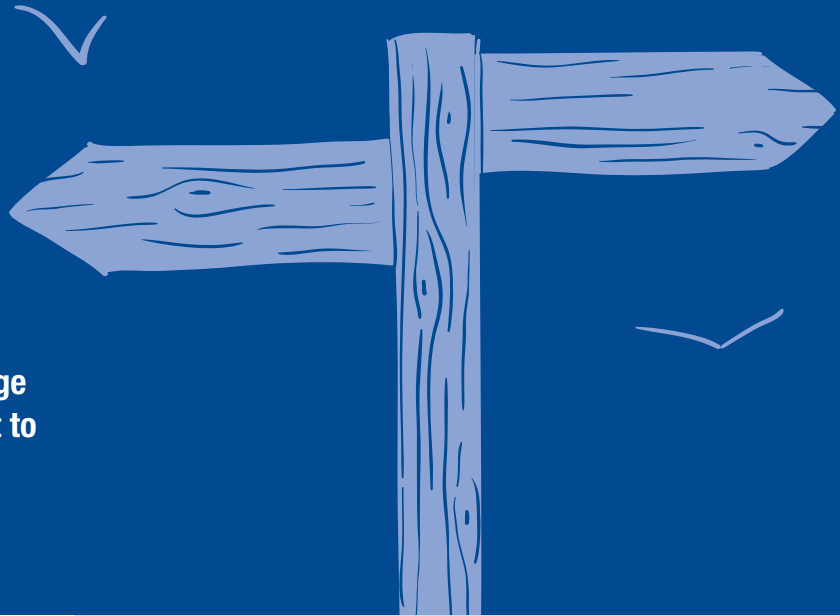


PLACE YOUR LOGO HERE

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

