



TRAINING OPPORTUNITY

Hosted by the Area Agency on Aging District 7

“Health Coaching Skills Training: Elicit Change and Improve Client Outcome”

Therese Paul, MS, RD, CPC

Have you been looking for the right tools to help your clients achieve positive outcomes? Research has shown that coaching skills, when utilized adequately, have the ability to positively influence client outcomes in the behavioral health arena. Clients enjoy the benefit of feeling heard and supported and health professionals enjoy the benefit of finding meaningful ways to set goals with clients that are much easier to achieve because the clients are active participants.

June 4, 2025

9:00 am – 12:15 pm • Virtual Training

Cost \$50 • CEU Information Included on Back Page

To register, please follow these instructions:

1) Email bbuchanan@aaa7.org or call 1-800-582-7277, ext. 22252

2) Two options to pay:

- PayPal – once you register, we will send you the link to pay.
- Mail Check - Area Agency on Aging District 7,
1 Acy Avenue, Jackson, OH 45640

Deadline to register is June 2nd

IMPORTANT - You must send in your payment promptly to receive further instructions on how to access the webinar. Once your payment is received, we will e-mail you the information for the webinar training. We will not send instructions until payment is received. Certificate of Completion will be e-mailed after the training is complete.

ALSO NOTE - Internet connection is the participant's responsibility – make sure you have a strong internet connection and test everything before the webinar begins.

Please see back page for more information about this training including course objectives, speaker bio and CEU information.

Course Objectives

At the conclusion of this training, participants will be able to:

- Discuss why we resist change and how to assess clients' readiness to proceed with change.
- Describe and use basic coaching skills, including active listening skills.
- Describe and use motivational interviewing skills, including effective ways to provide education and set goals.
- Demonstrate each coaching skill discussed as we practice using them in break-out rooms during the training.
- List ways to put coaching skills into practice for health professionals devoted to social work and other areas of behavioral health

More About the Speaker – Therese Paul, MS, RD, CPC

Therese Paul is a Certified Professional Coach, international best-selling author, and Professional Speaker/Trainer with certifications as a Registered Dietitian/Nutritionist and Group Fitness Instructor. She conducts workshops, trainings, and wellness programs focusing on a variety of health topics, including mindfulness, self-awareness, and personal growth.

CEU Information – Approved for CEUs through the National Association of Social Workers (NASW) Ohio Chapter for three (3) hours of CEUs for social workers - **333350-040925**.

The Ohio Board of Nursing accepts social work hours for RN CEUs. NASW is recognized as a Continuing Education Approver for social work CEUs by the OCSWMFT Board. If you are audited, provide the above number. This number does not match the format for other provider's numbers because NASW is a continuing education approver rather than a provider.

The Area Agency on Aging District 7, Inc., does not discriminate on the basis of race, color, sex, religion, national origin or disability. If you need special accommodations due to a disability, please let us know.