

## Brief Action Planning

Brief Action Planning is a self-management support approach to help people make action plans to address the aspects of their health or situation that are most important to them. It is practical and highly structured, and involves using an algorithm to guide someone step-by-step through deciding whether they want to make a plan, developing a SMART plan, assessing their confidence, problem-solving if necessary, and planning their follow-up.

Each step of the process is carefully considered and is based on the literature and evolving understanding of what works and doesn't work to help people change.

### OBJECTIVES

**At the end of the workshop, participants will be able to:**

- Practice Motivational Interviewing Techniques
- Learn and apply efficient ways to action plan with clients
- Develop methods on supporting individuals in self-management behaviours to increase an individual's confidence

### Intended Audience

All Regulated Health Professionals, Registered Nurses Physicians, Care Coordinators, and Health System Administrators who support client care are invited.



**For all inquiries please contact Nikki Sharma at  
nsharma@haltonhealthcare.on.ca  
905-338-4432 ext 4879**