



# Motivational Interviewing ...IS HERE!



Motivational Interviewing (MI) is a collaborative, goal-oriented communication style designed to strengthen a person's own motivation and commitment to change. It is not about telling people what to do, it's about guiding them to explore their own values, goals, and ambivalence so they can make decisions that align with what matters most to them.

## Key Benefits

- ★ Fosters respect
- ★ Builds trust and rapport
- ★ Resolves ambivalence about change
- ★ Aligns strategies with personal values
- ★ Supports lasting engagement



## MI Foundations

### Core Spirit of MI: P.A.C.E.

**PARTNERSHIP:** Establish a collaborative relationship with the person.

**ACCEPTANCE:** Autonomy, absolute worth, affirmation, & accurate empathy.

**COMPASSION:** Prioritize the person's best interest at all times.

**EMPOWERMENT:** Elicit the person's own motivation for change.

## UNLOCK CONVERSATIONS THAT SPARK CHANGE!

Step into a two-day journey that will transform the way you connect, lead, and inspire.  
Enroll now on SumTotal [here](#).



## Upcoming Classes

2025

SEP 30 - OCT 01

OCT 07 - OCT 08

NOV 03 - NOV 04

DEC 03 - DEC 04

2026

FEB 17 - FEB 18

MAR 10 - MAR 11

APR 06 - APR 07

MAY 05 - MAY 06

## FOUR CORE PROCESSES

**Engaging** - Building trust and a respectful, nonjudgmental relationship.

**Focusing** - Narrowing the conversation toward a shared direction or goal.

**Evoking** - Drawing out reasons for change and strengthening motivation.

**Planning** - Moving from intention to actionable steps for change.

