



DCYF Motivational Interviewing in Leadership Online Streaming Agenda

COURSE LEARNING OBJECTIVES:

- Specify an evidence-based framework for engaging, focusing, planning, and pursuing mutual goals/values of employees, leadership, and NAVSEA
- Engage students in self-reflection in how to apply the framework in various situations daily and in various areas of the organization
- Validate potential barriers that arise from the students, guiding the learning towards productive solutions
- Practice intentions and strategies within aforementioned framework

DAY 1

2.5 Hours

- QUIZ & AGENDA MAPPING: What have you learned about MI & what do you want to learn?
- Foundational Reorientation to Motivational Interviewing
- Resistance vs. Ambivalence
- Compliance vs. Long-term Behavior Change
- Righting Reflex, Equipose, Resistance
- Empathy Expressed with Strategic Reflections
- ACTIVITY: Hot Topic
- Debrief Activity
- ACTIVITY: Questions to Reflections
- Debrief Activity

DAY 2

2.5 Hours

- QUIZ: What have you learned & how it applies Motivational Interviewing Approach
- 2nd MI Process: FOCUS
- VIDEOS: 'Dear Me,' series
- ACTIVITY: Tower to Values

DAY 3

2.5 Hours

- QUIZ: What have you learned & how it applies
- VIDEO or Audio of Leadership Example
- 2nd MI Process: FOCUS
- Strategies of Motivational Interviewing
- Strategically Responding to Change Talk and Sustain Talk
- ACTIVITY: Types of 'Talk'
- Praise vs. Affirmations

DAY 4

2.5 Hours

- QUIZ: What have you learned & how it applies
- 3rd MI Process: PLAN
- Commitment Talk, Importance/Confidence Rulers
- ACTIVITY: Building a Plan
- Motivational Interviewing Intentions
- VIDEO or Audio of Leadership Example
- ACTIVITY: MI Second Brain
- Debrief activity
- Motivational Interviewing Resources