March Face-to-Face Training Agenda

# Renew counseling: Skilled staff; Nutrition-focused.

# Goal

WIC certifier/counselors will feel confident and competent to provide nutrition education as described in the Framework for Nutrition-focused Counseling.

# Objectives

1. CPA’s will enhance and improve existing participant centered counseling skills.
2. CPA’s will develop new and deeper supportive counseling skills, including the active listening skills of humility and compassion.
3. CPA’s will be able to apply critical thinking skills and utilize appropriate nutrition knowledge when providing nutrition-focused counseling.
4. CPA’s will provide nutrition-focused counseling as described in the framework.

# Agenda

**9:00 Welcome and introductions**

9:15 Connecting Participant Centered Education (PCE) to Renew

9:30 Self assessment and review of basic PCE concepts

**10:15 Break**

10:30 Introduce *Framework for Nutrition-Focused Counseling*

11:00 Missed counseling opportunities – why do they happen?

**12:00 Lunch (On your own)**

1:00 Roadmap for counseling: Engage, Focus, Evoke, Plan

1:30 Recognizing when to delve deeper and the skills needed to do so

**2:30 Break**

2:45 Setting next steps and summarizing

3:30 Putting skills into practice to focus counseling

**4:00 Adjourn**