

# 9-1 Job Aid- Observation Guide

Some Skills to Listen and Watch for:	Observations: Specific examples you heard or observed
<ul style="list-style-type: none"> <li>• <b>Engages</b> the participant               <ul style="list-style-type: none"> <li>✓ Introductions</li> <li>✓ Sets agenda</li> </ul> </li>   <li>• <b>Focuses</b> the appointment               <ul style="list-style-type: none"> <li>✓ Completes assessment</li> <li>✓ Listens first – before sharing</li> <li>✓ Open-Ended Questions</li> <li>✓ Affirmations</li> <li>✓ Reflections</li> <li>✓ Summaries</li> <li>✓ Tracks potential topics for counseling</li> <li>✓ Prioritizes what topics to explore</li> </ul> </li>   <li>• <b>Evokes</b> change talk               <ul style="list-style-type: none"> <li>✓ Allows time for participant to talk</li> <li>✓ Reflects change talk</li> <li>✓ Explore – offer – explore</li> <li>✓ Asks permission to share information with participant</li> <li>✓ Provides nutrition-focused counseling</li> <li>✓ Rolls with resistance</li> <li>✓ Uses brain science strategies</li> </ul> </li>   <li>• <b>Plans</b> with participant               <ul style="list-style-type: none"> <li>✓ Works with the participant to develop an actionable next step/plan</li> <li>✓ Summarizes the next step for the participant</li> <li>✓ Documents the plan</li> <li>✓ Shares hopes for a positive health outcome</li> </ul> </li> </ul>	
Other?	