

# e-Learning Course on Basic Transtheoretical Model Training is Now Available

What health coaching professionals have said about the training:

*“My first gut reaction is it is great, easy to follow, very organized, very professional and loaded with information. It is great to review in such a well thought out format.”*

*“My experience with e-Learning training left me with a thorough understanding of the stages of behavior change as they are applied in assisting members/participants in changing lifestyle behavior. There were excellent examples of how to incorporate strategies and kind encouragement in meeting a participant member where they currently are in their journey of making changes toward a healthier way of living.”*

Pro-Change Behavior Systems, Inc. now has an e-Learning course entitled, Basic Transtheoretical Model Training, that provides coaches and other health professionals with the basic concepts and strategies needed to effectively use the Transtheoretical Model of Behavior Change (TTM) when working with clients to change health behaviors.

The course incorporates activities such as role-plays, knowledge checks, and a 25-item multiple choice certificate test to further enforce the concepts learned. **By the end of this interactive four-hour course, the learner will be able to:**

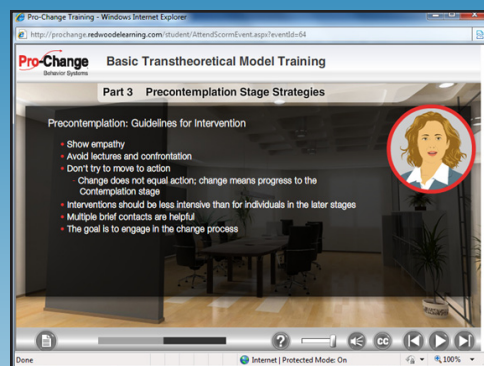
1. Understand and describe the characteristics of people in each Stage of Change.
2. Describe the four main constructs of the TTM.
3. Know which TTM principles and processes to employ at each Stage of Change.
4. List and define techniques of Motivational Interviewing (MI), a way of working with clients that complements the TTM to support behavior change.

Cost: \$100/user. To order or inquire about this course, please contact us at [elearning@prochange.com](mailto:elearning@prochange.com) or 401-874-9284.

## The Stages of Change



## Pro-Change e-Learning Sample Screen



This course features the latest TTM research methods in a basic, easy to follow online format.

For more information about The Science of Behavior Change visit [www.prochange.com](http://www.prochange.com).

