

Making Every Contact Count (MECC)
Lite Virtual training

onesmallstep
to a healthier you

Making Every Contact Count Lite Virtual Training...

- **FREE** training
- Royal Society of Public Health accredited
- You will need access to Zoom and a laptop or computer to complete this training



Making Every Contact Count (MECC) is a behavioural approach which enables individuals to use a different approach to working with people to address health and wellbeing. It's about altering the way we interact with people to improve the self-efficacy of individuals in order to help them identify ways to improve their wellbeing.

What is the Training?

MECC lite training consists of a 3-hour virtual session via Zoom in which you will discover:

- How you can support someone to explore their own health and wellbeing
- How using more effective responses can help people to find their own solutions
- How you can support someone to think about their own behaviour change plan

OneSmallStep is provided by Everyone Health Ltd on behalf of Devon County Council.

For more information contact:

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