## 2. Course Description

*Fundamentals of Motivational Interviewing* is a self-paced online training program designed to develop participants' knowledge and practical skills in Motivational Interviewing (MI), an evidence-informed communication approach that supports people in exploring and strengthening their own motivation for behaviour change.

Across six core modules, participants learn to build collaborative helping relationships, apply the core MI communication skills, navigate ambivalence, evoke clients' own reasons for change, and develop collaborative behaviour change plans. The training emphasizes practical application, reflective self-assessment, and repeated practice to support the development of MI competency.

Although designed with health professionals in mind, the communication strategies taught throughout the course are relevant to other professionals who support individuals in making behaviour changes (e.g., peer support workers, educators and school counsellors, leadership professionals, human resource professionals, criminal justice and corrections officers).

A bonus module provides additional opportunities to review complete MI interviews and observe the core tools and approaches in practice.