

Facilitator's Worksheet F16.5: Exercise – Where Next?

1. Word storm the situations where you will use motivational skills in your specialist role

2. What are the benefits of using motivational skills?

a. The benefits for me are.....

b. The benefits for the team/agency are.....

c. The benefits for the service user are.....

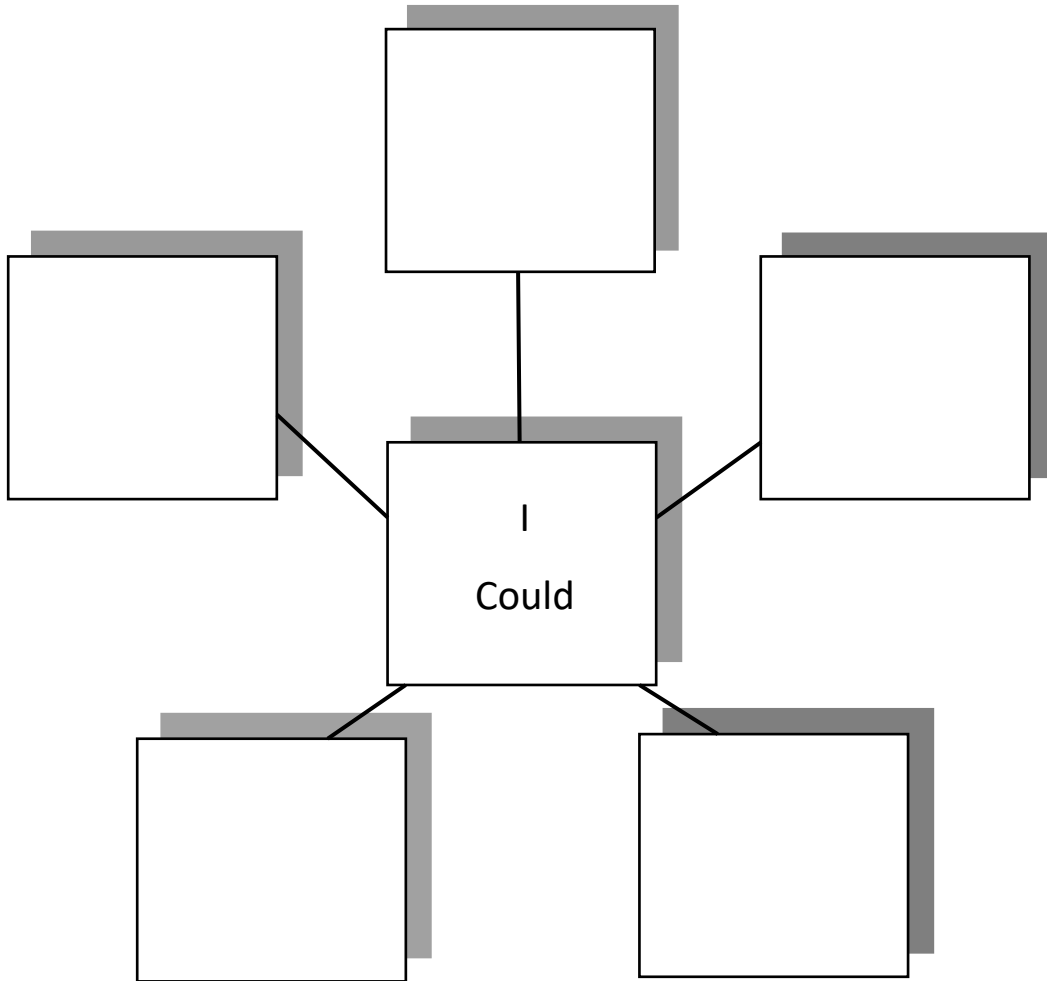
3. What are the barriers to using the skills?

4. How will you overcome these barriers?

5. Who else can help?

F16.5 continued. . .

6. What are options for your next steps?



7. Which option will you select for your next step? (Consider the advantages and disadvantages of a couple of options if helpful.)

8. What specifically will you do by when?

By.....I will

.....

9. How confident are you that you will do this?

0 1 2 3 4 5 6 7 8 9 10