

Quality Conversations September Sessions

This September, join our free, practical training sessions designed for anyone working or volunteering in health, social care, or the voluntary sector:

Having Better Mental Health Conversations- Learn how to start and respond to conversations about wellbeing with confidence.

Date: Wednesday 10th September

Time: 9.15am-12.30pm

[Book Here](#)

Date: Tuesday 23rd September

Time: 1.15pm-4.30pm

[Book Here](#)

Having Behaviour Change Conversations- Understand what drives behaviour, how health inequalities play a role, and how to inspire positive change.

Date: Wednesday 17th September

Time: 1.15pm-4.30pm

[Book Here](#)

Supporting People to Support Themselves- Develop the skills to encourage self-management and empower people in their own care.

Date: Thursday 25th September

Time: 9.15am-12.30pm

[Book Here](#)

Best Wishes,

Laura Connolly (she/her)

Project Lead- Quality Conversations and Health Literacy

[Quality Conversations, Personalisation and Health Literacy » Joined Up Care Derbyshire](#)