

# Motivational Interviewing

Discover how to guide change with empathy and respect

Motivational Interviewing (MI) is a proven, guided conversation style that helps people explore their own reasons for making positive changes. It's about empathy, curiosity, and helping someone voice their own reasons and confidence for taking meaningful steps.

## You'll learn:

- Active listening skills to truly hear and understand others
- How to notice when someone feels ambivalent or ready to make change
- How to encourage "change talk"—people's own words about what they want, their goals, and how they might achieve them
- Conversation tips to help people feel heard, understood, and empowered

## Free Wellness Webinar



Thursday,  
December 11, 2025  
1 PM- 3 PM



Zoom Webinar



## Who can attend

This free training is open to community members, educators, service providers and local organizations in Pomona, Claremont and La Verne.



Register for free  
[tinyurl.com/mwdke3ka](https://tinyurl.com/mwdke3ka)



## For more information

Learn how to host or attend a free mental health training in Pomona, Claremont, or La Verne.



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[bit.ly/tcmhtrainings](https://bit.ly/tcmhtrainings)



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