

Making Every Contact Count

MECC training courses

Making Every Contact Count (MECC) is about making the most of contacts we have with the people we meet every day. MECC is a reflective skills-based training opportunity that encourages a different way of interacting to address health and wellbeing issues.

We are pleased to offer a free [online](#) course.

The training will involve:

1 x 3 hr online session

3 x MECC e-learning modules [Making Every Contact Count - e-learning for healthcare \(e-lfh.org.uk\)](#)



[Making Every Contact Count Video](#)



What's in it for you.....

Improved confidence in delivering very brief interventions.

Better awareness of how and when to use opportunities to talk to people about their health and wellbeing.

Develop skills to empower people to take responsibility for their own health and wellbeing.

Here is the link for more information

[Training in MECC](#)
(makeeverycontactcount.co.uk)

To book your place, please click on the Eventbrite link below:

Thursday 17 March 2022	9.30am - 12.30pm	Eventbrite.co.uk-March-MECC
Thursday 28 April 2022	9.30am - 12.30pm	Eventbrite.co.uk-April-MECC
Tuesday 17 May 2022	1.30pm - 4.30pm	Eventbrite.co.uk-May-MECC
Wednesday 15 June 2022	9.30am - 12.30pm	Eventbrite.co.uk-June-MECC
Tuesday 19 July 2022	9.30am - 12.30pm	Eventbrite.co.uk-July-MECC
Wednesday 21 September 2022	9.30am - 12.30pm	Eventbrite.co.uk-September-MECC
Wednesday 19 October 2022	9.30am - 12.30pm	Eventbrite.co.uk-October-MECC
Tuesday 8 November 2022	10.00am - 1.00pm	Eventbrite.co.uk-November-MECC
Thursday 8 December 2022	9.30am - 12.30pm	Eventbrite.co.uk-December-MECC