

PREWORK

#3 STAGES OF CHANGE



To Prepare:

1. Review eModule 3
2. Bring along three behaviours you are thinking of changing to discuss with a partner- preferably related to health

Tips:

If you are struggling to think of a behaviour think of a bad habit you have!

Areas of health can be about alcohol, water, exercise, healthy eating, sleep, work life balance, stress.....

Pre-contemplation - it is not important to you to change or you could never change it

Contemplation stage - you are ambivalent weighing up the benefits of changing vs staying the same

Preparation - you are taking steps towards doing the behaviour