

# SPEAKING AND TRAINING

We Will Help You Develop Expertise In  
Applying Behavior Change Science

ProChange experts deliver comprehensive speaking and training services that help facilitate deeper behavior change engagement.

We leverage our decades of experience with dynamic and engaging presentation skills to advance your internal knowledge base. With the help of our team of nationally recognized thought leaders and certified trainings, you and your team will learn new skills, master existing ones, and become better behavior change champions. We have online options (self-directed or live) and live, in-person options.

## CERTIFIED ONLINE TRAININGS

Helping you learn the truth behind behavior change science. Invest in yourself and your team with an in-depth training on behavior change principles and processes.

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### Becoming an Agent of Change: Applying the Transtheoretical Model of Behavior Change

A self-directed, 2-hour long course designed to provide an overview of the fundamental concepts and strategies needed to effectively use the Transtheoretical Model of Behavior Change (aka Stages of Change ) when working toward changing health behaviors.

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National Board for Health & Wellness Coaching (NBHWC CEP #100197): 2 CEs  
Cost: **\$299** P & up discounts are available. Please contact us for details.

[PREVIEW THIS TRAINING AND LEARN MORE HERE](#)

## LIVE TRAINING

Conducted in person or online, ProChange delivers engaging training on leveraging and applying the science of behavior change. Trainings are customized to your schedule, learning objectives, and population's needs.

### TRAINING INCLUDES:

Clinician role plays

Post-training practice clinical sessions & feedback from facilitators

Collateral materials including take-home manuals and training aids

## SPEAKING

Bringing behavior change science to you. ProChange's dynamic, skilled public speakers translate complex scientific research into easily understood and immersive presentations that feature real-world applications.

### IDEAL FOR:

Conference keynote addresses

Corporate events & retreats

Podcasts

Workshops

Grand rounds

## WEBINARS

A variety of webinars on emerging and established well-being themes are available to set your team and your populations up for success. Pick a topic and a time, we'll do the rest! Contact us for a full list of available topics.

### SAMPLE TOPICS INCLUDE:

Resilience

Well-Being

Healthy Behaviors

Behavior Change Science

## What our Speaking and Training clients have to say

*"We believe this program should be a requirement for all health professionals and expect to provide this course to our developing membership. We know your program will be a great professional development resource for all of the health professionals we serve."*

- EXECUTIVE DIRECTOR

*"I completed the e-Learning program for the TTM program yesterday and am very impressed with it. After 8 years in the Disease Management industry, I wish I had been aware of this course when I started in the field."*

- ELEARNING CUSTOMER

*"Due to COVID, I have not had the privilege of seeing ProChange live, but in some ways the live stream is an even better test of skill. They are able to juggle speaking, presentation, questions from the participants and discussion while receiving very little visual feedback from the audience. They are able to convey scientific principles in a way that is easy to understand for all involved and are dynamic, engaging speakers. Our participants always enjoy her sessions."*

- TRAINING COORDINATOR

*"Wonderful presentation. You really knocked it out of the park for our retreat."*

- HR PROFESSIONAL

**The TTM and ProChange curriculum become an integral module for a new health and wellness coach training program.**



As behavior change and behavior change science have become requirements for health and wellness coach training programs, the Transtheoretical Model (TTM) has increasingly become a critical training focus. ProChange has become a key partner in curriculum development, for helping practitioners master the skills they need to become successful agents of change.

**READ THE CASE STUDY**

[www.prochange.com](http://www.prochange.com)  
(401) 360-2980

91 Point Judith Road, STE 26, Unit #333, Narragansett, RI 02882

