

HOW TO ROCK IN YOUR ROLE: PCS FOR COUNSELORS

BERNADETTE FLORES, MPA, RD & JILLIAN ONDREYKA, MPH, RDN, IBCLC SUBTITLE STYLE

MN WIC 2024 Training Conference

Breakout Session

Set the agenda

- Objectives
 - Cultivate an approach of curiosity.
 - Practice PCS skills for counselors.
 - Identify techniques to confidently balance assessment and counseling.
- Curiosity
 - Define curiosity
 - Activity: Pick a curiosity quote and discuss with a partner how it relates to your work.
 - Listening and curiosity lead to connection.
- Defining assessment
 - Poll: What are we listening for in assessment?
 - Prioritizing assessment activities
 - Lollipop moments video: <https://www.youtube.com/watch?v=hVCBrkrFrBE>
 - Making a connection
 - Setting the agenda
 - Content
 - Example
 - Conversational assessment
 - Reasons
 - Poll: What skills or knowledge does a CPA need to perform a conversational assessment?
- Defining WIC nutrition counseling
 - Best practices in counseling
 - Empower, collaborate, celebrate
 - Referrals
 - Nutrition education
 - Goal/next step planning

HOW TO ROCK IN YOUR ROLE: PCS FOR COUNSELORS

- Balancing assessment and counseling
 - Complete assessment prior to nutrition counseling
 - Situational context
 - Prioritized counseling
 - Time management
 - Conversational assessment
 - Setting the agenda
 - Open-ended and closed-ended questions
 - Overlap of assessment and counseling
 - Exploring readiness, interest and change talk
- Exploring your change talk...one PCS thing you are going to do and why
- Wrap-up, Q&A, Close