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| **Embedding Self-Management into practice** |

**The outcome of Self-Management specific training -**

**To be able to take away the knowledge and tools to confidently promote self-management when engaged in conversation with service users. To promote shared decision making and confidently share risk whilst keeping personalised care at the forefront of every decision.**

**What is involved?**

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| * **Personalised care and what does this truly mean?** |
| * **Behavioural models and how we utilise these in practice.** |
| * **Shared decision making and how to evidence this in practice.** |
| * **Adjustments to practice acknowledging health inequalities.** |

***Please visit the about me section to learn more.***