



Berta Enright, Member of MINT

Sometimes you know what you want to say in response to a client, and then it doesn't come out the way you expected. Other times you can get stuck, unsure where the conversation is going or what to do next. You can feel vulnerable and discouraged in the process.

Learning *about* Motivational Interviewing is simple – the concepts make sense and may already align with your beliefs and values about people.

Learning *how to do* Motivational Interviewing well can be frustrating and challenging on your own. It takes time, practice, reflection, and more practice.

If you're curious about how to develop your MI practice and interested in taking the next steps, I'm here to help you figure out where you want to go and how to get there.

By working together, we can affirm your strengths and explore focus areas where you want to stretch and grow.

Whether you prefer individual coaching, or seek a small group setting where you can learn with and from each other, I am here to meet you where you are and act as your guide, providing a safe learning environment with compassionate coaching and feedback.

One-on-One and Small Group Practice: Focused on fostering open communication, empathy, and respect, the goal of individual or small group coaching is to empower participants to advance their MI practice, try things on and build confidence in using MI in their daily lives, resulting in more meaningful conversations and stronger connections with others.

Ready to continue your MI journey?

Email, text or call me to schedule a free introductory coaching session to talk about your MI interests and goals.

Berta Enright

MINT Trainer and Coach

berta.enright@gmail.com

802-345-7784