

# Making Every Contact Count

## MECC training courses

Making Every Contact Count (MECC) is about making the most of contacts we have with the people we meet every day. MECC is a reflective skills-based training opportunity that encourages a different way of interacting to address health and wellbeing issues.

This free online course involves 1 x 3hr online session and 3 optional MECC e-learning modules [MECC - elearning for healthcare \(e-lfh.org.uk\)](http://e-lfh.org.uk)

**NOTE BOOKINGS ARE LIMITED TO 2 PLACES PER ORGANISATION/TEAM**

To book your place, please click on the links below:

Wednesday 11 September 2024	09:30 - 12:30	<a href="#">Eventbrite-MECC-Sept-2024</a>
Thursday 10 October 2024	13:00 – 16:00	<a href="#">Eventbrite-MECC-Oct-2024</a>
Wednesday 13 November 2024	09:30 - 12:30	<a href="#">Eventbrite-MECC-2024</a>

If you would like more information about embedding MECC in your organisation or to enquire about Train the Trainer please email [helen.aston@wiltshire.gov.uk](mailto:helen.aston@wiltshire.gov.uk)



[Making Every Contact Count Video BSW](#)



**What's in it for you.....**

**Improved confidence in delivering very brief interventions.**

**Better awareness of how and when to use opportunities to talk to people about their health and wellbeing.**

**Develop skills to empower people to take responsibility for their own health and wellbeing.**

Here is the link for more information

[\*\*Training in MECC \(makeeverycontactcount.co.uk\)\*\*](http://traininginmecc(makeeverycontactcount.co.uk))