

Learning Circle Peer Facilitator Guide: Stages of Change



Directions: In your local Learning Circles, a Peer Facilitator leads a discussion leveraging the questions below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

Name of Learning Circle Peer Facilitator: _____

The Stages of Change model applies to all types of behavioral change.

1. Think about a change you've made in your personal life (e.g. a change in eating patterns or diet, quitting smoking, exercising, etc.) and the different stages of change you went through. What was most helpful and least helpful in your engagement and interactions with others as you progressed through each stage?
2. Think of a time when your interactions with someone may not have been aligned with where they were in their change process. What did that look like? How did you feel? What impact did it have on the relationship?
3. Think about a member with whom you are working now or someone in your life working through a change. What is one thing you can do differently with that member tomorrow based on the Stages of Change model?