What can you do to develop your skills in using the HCA approach?

HCA approach skills development

Forward planning	Self-directed learning	Review progress	Formal training & mentoring	Develop supplementary skills sets	Other...
Create a skills development personal goal & action plan	Peer case discussions	Complete the audio & self-assessment exercise on HCA website	Complete HCA Core Training or attend refresher workshops	Review basic communication & active listening skills	
Download practice guides from HCA website & put in folder/laminate	Complete skills development review questions	Get feedback from peers or managers	Work through HCA Online Practitioners' Guide & Learning Tool	Read up on motivational interviewing or attend MI training	
Download client worksheets from HCA website and put in folder	Discuss review questions with colleagues	Record own client progress data and analyze results	Complete HCA Peer Leader training to assist skills devel't among your peers	Read up on solution focused interviewing or attend SF training	
Create templates for sending reports to referring practitioners	Complete the written case study exercise on HCA website	Conduct a client satisfaction or exit survey	Recieve mentoring from HCA facilitators	Read up on cognitive behavior therapy or attend CBT training	
Manage time better to prioritize skills development activities	Complete further reading on key concepts & topics	Collect & analyze program data	Other...	Read up on self-mgt or attend chronic condition prevention & self-mgt training	
Other...	Watch the HCA client consultation DVDs	Other...		Other...	