

Bespoke Training Workshop – example of two-day course delivery:

Day One	
Session 1	<ul style="list-style-type: none"> • Welcome, introductions and overview • Behaviour: how should we think about it? • There need for a scientific approach to the design of behaviour change interventions • Introduction to the Behaviour Change Wheel framework
Session 2	<ul style="list-style-type: none"> • Behavioural analysis and diagnosis: Using the COM-B model to understand the target behaviour in context
Lunch	
Session 3 & 4	Understanding and using Intervention and Policy Functions to change behaviour

Day Two	
Session 1	<ul style="list-style-type: none"> • Reflections on learning from Day One • Linking Interventions and Policy Functions to COM-B domains • Using the APEASE criteria to select interventions
Session 2	<ul style="list-style-type: none"> • Introduction to Behaviour Change Techniques and the Behaviour Change Technique Taxonomy • Identifying and selecting Behaviour Change Techniques
Lunch	
Session 3 & 4	Action learning sessions: applying and embedding BCW principles within your organisation