



Become a coach with **SMALL STEPS** FOR **BIG CHANGES**



The Small Steps for Big Changes program helps adults reduce their risk of developing type 2 diabetes through diet and exercise behaviour change.

Small Steps for Big Changes offers evidence-based, individualized exercise sessions and one-on-one behaviour change counselling. All coaching sessions are informed by motivational interviewing. These sessions explore and support individuals' self-regulatory skills that enable lifelong involvement in healthy lifestyle activities.

What are the benefits of becoming a coach?



Make meaningful connections with your community

- Help improve the health and quality of life of those at risk of developing type 2 diabetes
- Be an advocate for community members making new lifestyle changes



Gain invaluable life experience and education

- Learn Motivational Interviewing and how to apply it to your coaching practice
- Learn transferable skills that will help you as a trainer, in future occupations, and in everyday life
- Learn how to help people reduce the risk of developing type 2 diabetes, and stick to behaviour change goals long term
- Receive continuing education credits by completing the Small Steps for Big Changes coaching training program