



communic8

8 Weeks. Let's Walk the Talk.



GENERAL INFORMATION

Communic8 is a two-month group mentorship built for health professionals looking to improve and refine their skills in clinical communication.

The mentorship features:

1. Eight different weekly themes related to communication in clinical practice.
2. Eight e-books covering the detailed content of each week.
3. One live group call a week (1.5 + hours)
4. Calls involve: discussion, case studies, skills application, exposure-based learning, problem solving, growth opportunities, Q&As
5. Lifetime access to a private social media community.
6. Actionable work to apply skills to clinical practice each week.
7. Weekly reflections.

Your Investment:
\$675.00 CAD (+ HST)



CONTENT OVERVIEW

WEEK 1-4

Week 1

Introduction

Self Determination Theory & Behaviour Change.

Framing Interactions:

The 'Dreaded Drama Triangle' vs. 'The Empowerment Dynamic.'

The Way of the Gardener.

Committing to a "Presence" Ritual.

Week 2

The Initial Assessment Part 1

Your Clinical Environment - What message is it sending?

First Impressions.

The Client Story.

3 Levels of Listening.

Week 3

The Initial Assessment Part 2

Figuring Out Exactly What Your Client Wants.

Goal Setting that Makes Sense.

Agreeing to a Game Plan.

A Shared Partnership - How to Get Your Client More Involved.

Week 4

The Therapeutic Alliance

Science Backed Ways to get People to Like You.

A Framework for Establishing Connections.

Contextual Factors.

Expectations, Roles & Responsibilities.



CONTENT OVERVIEW

WEEK 5 - 8

Week 5

The Coaching Skills You Need

Clients as Naturally Creative, Resourceful & Whole.

Instinct & Intuition.

Accountability. Issuing Challenges.

Inquiries & Insights.

Week 6

Navigating Belief Systems

Why Facts Don't Change Our Minds.

The Backfire Effect.

12 Principles of Dancing with Beliefs.

A Framework For Navigating Unhelpful Beliefs.

Week 7

Communicating Pain

Key Messages About Pain.

Sense Making & the Client Experience.

Identifying & Educating About Pain Triggers.

Healthy Lifestyle & Pain.

Week 8

Challenging Situations

How to Handle Emotions Effectively.

Encountering Clients in Flare Ups.

Delivering Bad News.

Handling Despair.

OWNED AND OPERATED BY:

Nick Hannah, PT
Registered Physiotherapist

nick@hannahmoves.com