

Active Conversations

West Midlands Cancer Alliance has partnered with Moving Medicine to offer a limited number of fully funded places on their **Active Conversations** online course to healthcare professionals working with people affected by cancer.

Why choose Active Conversations?

- **Evidence-based training** in motivational interviewing, tailored to physical activity
- **Practical tools for real-world consultations**, including one-minute, five-minute, and extended conversation models.
- **Interactive learning**: includes video demonstrations, downloadable resources, and access to a discussion forum.

Who Active Conversations is for?

Active Conversations is designed for healthcare professionals across all disciplines - GPs, Consultants, Resident Doctors, Nurses, Physiotherapists, Allied Health professionals, and anyone involved in patient-facing roles. It's particularly valuable for those who want to improve how they talk to patients about lifestyle changes, especially physical activity.

To improve support for healthcare professionals, the Active Conversations online course teaches motivational interviewing techniques within the context of physical activity. With over **1,000** learners enrolled to date, the course provides both foundational and advanced training, enabling professionals to engage patients in meaningful discussions about becoming more active.

The course also includes downloadable resources, video demonstrations, discussion forums, and a mobile app for flexible learning. By equipping professionals with the skills to have confident, compassionate, and effective conversations, Active Conversations supports a shift in culture where physical activity becomes a routine part of care, not an afterthought.

How can I express an interest / sign up?

To request a place, please scan the QR code, or visit

<https://wmcanceralliance.nhs.uk/cancer-academy/upcoming-training>

