

HealthChange® Skills Self-Appraisal Form



Identify your strengths, challenges and opportunities

Listen to an audio recording of one of your consultations or conversations and complete the PPET and DF Skills Audit Forms. Reflecting on the results of your self-audits, provide an appraisal of your current skills and knowledge in relation to integrating person-centred care and behaviour change support into your consultations using HealthChange® Methodology. Use an additional blank page if necessary.

Strengths: What *did* you do well in the audio-recorded consultations? What were the areas that you scored yourself highly on the PPET and DF forms? What do you attribute this success to?

Challenges: What did you *not* do as well in the audio-recorded consultations (if anything)? What were the areas that you scored yourself low on the PPET and DF forms? What do you attribute these low scores to?

Opportunities: Reflecting on your answers above, what would it benefit you to work on to further improve your practice? What are your options for doing this? List a number of specific options or strategies that you might consider implementing in order to change your practice without trying to do too much too soon.
