

Brief Action Planning

Help People Take Action, One Step at a Time. Brief Action Planning (BAP) gives your team simple practical, person-centered tools to help individuals set achievable health goals, boosting confidence and fostering lasting well-being — all in under **10 minutes**.

BAP - Big Impact, Small Time Commitment

3-6
contact hours*

Fast and Focused – Master simple, effective techniques to guide people in creating actionable plans.

Proven Framework – Follow a step-by-step process designed to help anyone succeed in making changes.

Lasting Impact – Build confidence and self-management skills that empower people long after your interaction.

Ready-to-Use Materials – Receive worksheets, flowcharts, and other resources that make applying BAP easy in real-world settings.

*Including 2 x 30 minute Practice and Feedback sessions

Why CCMI?



Flexible format

Choose an online course, in-person workshop or a webinar series.



Practical skills

interactive skills-based training designed for practical application.



Ready-to-Use Materials

Handouts and resources to support learning and ongoing application.



Quality learning

Learn best practices from industry experts, learner-centred materials

Who is it for?

- ✓ Healthcare workers
- ✓ Social workers
- ✓ Community support staff
- ✓ Wellness coaches
- ✓ Telemedicine professionals
- ✓ Counsellors

Learner Feedback

“Thank you so much for the opportunity to take this course. I feel it was structured and delivered extremely well and I am really happy I took it. I’m looking forward to using BAP in my practice and sharing what I have learned with my team.”

“This course is very well done – the information is very clear, the exercises are very helpful, and the handouts are very useful. Thank you!”