

## NES delivered CORE MAP Workshops 2025 / 2026 Dates

### MAP of Health Behaviour Change Learning Programme

The MAP Learning Programme aims to equip all Health, Care and 3<sup>rd</sup> Sector staff with the knowledge, skills and confidence to talk to people about behaviour change and to deliver theory-based interventions which are person-centred and will promote positive health and wellbeing outcomes.

### NES delivered CORE MAP Workshop dates 2025 – 2026 (MS Teams)

Workshop Number	Day	Session 1 date	Session 2 date	Time (both sessions)	Application Deadline
1	Wednesday	23 <sup>rd</sup> April 2025	30 <sup>th</sup> April 2025	09.30 – 13.00	n/a
2	Monday	2 <sup>nd</sup> June 2025	9 <sup>th</sup> June 2025	13.00 – 16.30	19 <sup>th</sup> May 2025
3	Wednesday	13 <sup>th</sup> August 2025	20 <sup>th</sup> August 2025	09.30 – 13.00	31 <sup>st</sup> July 2025
4	Thursday	13 <sup>th</sup> Nov 2025	20 <sup>th</sup> Nov 2025	09.30 – 13.00	23 <sup>rd</sup> Oct 2025

To apply for a place on a workshop, please complete this form.

- Selecting 'NHS Education for Scotland' as your answer to Question No. 5
- Add the Session 1 and Session 2 dates you wish to attend (Questions 6 and 7).

### [CORE MAP Workshop Application Form](#)

MAP of Health Behaviour Change Learning Programme - Application Form



### The programme includes:

- eLearning module (45minutes)
- Pre learning narrated content (1hr for Session 1 and 30 mins for Session 2)
- Attendance at 2 online workshop sessions (each 3.5 hours, via MS Teams)
- Completion of evaluation forms

Once your application form has been received, you will be contacted to inform you of your place on the course and pre learning materials provided.

For more information, search for: **NES Behaviour change for health**  
or contact us at [psychology@nes.scot.nhs.uk](mailto:psychology@nes.scot.nhs.uk)

Best wishes, the NES MAP Team