

# NES CORE MAP Workshops | Online | MS Teams 2026 / 2027 Dates

The **MAP Learning Programme** equips 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.

## Why take part in CORE MAP Training?

- ✓ Feel **more confident** having behaviour change conversations
- ✓ Use **evidence-based techniques** in everyday practice
- ✓ Work in a **supportive, person-centred** way
- ✓ Learn skills that are **practical, transferable and realistic**

## Dates

Day	Session 1 date	Session 2 date	Time (both sessions)	Application Deadline
Friday	6 <sup>th</sup> March 2026	13 <sup>th</sup> March 2026	09.30 – 13.00	13 <sup>th</sup> Feb 2026
Wednesday	3 <sup>rd</sup> June 2026	10 <sup>th</sup> June 2026	09.30 – 13.00	13 <sup>th</sup> May 2026
Wednesday	2 <sup>nd</sup> September 2026	9 <sup>th</sup> September 2026	09.30 – 13.00	12 <sup>th</sup> August 2026
Monday	9 <sup>th</sup> November 2026	16 <sup>th</sup> November 2026	09.30 – 13.00	26 <sup>th</sup> October 2026
Wednesday	17 <sup>th</sup> February 2027	24 <sup>th</sup> February 2027	09.30 – 13.00	27 <sup>th</sup> January 2027

## The programme includes:

- eLearning module (45minutes)
- Pre-workshop videos (90 minutes)
- 2 online workshop sessions (each 3.5 hours, via MS Teams)
- Completion of evaluation forms

## How to apply – click link or scan QR code

When completing the form, please:

- Select ‘NHS Education for Scotland’ for Question 5
- Enter your chosen Session 1 and Session 2 dates in Questions 6 and 7).

**Places are limited, and demand is high!**

**More Info:** [NES Behaviour change for health](#)

**Questions?** [psychology@nes.scot.nhs.uk](mailto:psychology@nes.scot.nhs.uk)



**CORE MAP Workshop**  
**Application Form**