

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 3rd 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	13 th August 2025 Workshop fully booked	20 th August 2025 Workshop fully booked	09.30 – 13.00	31 st July 2025
2	Wednesday	10 th Sep 2025	17 th Sep 2025	09.30 – 13.00	27 th August 2025
3	Thursday	13 th Nov 2025	20 th Nov 2025	09.30 – 13.00	23 rd Oct 2025
4	Wednesday	19 th Nov 2025	26 th Nov 2025	09.30 – 13.00	29 th Oct 2025
5	Wednesday	21 st Jan 2026	28 th Jan 2026	09.30 – 13.00	31 st Dec 2025
6	Monday	2 nd Feb 2026	9 th Feb 2026	09.30 – 13.00	12 th Jan 2026
7	Friday	6 th March 2026	13 th March 2026	09.30 – 13.00	13 th Feb 2026

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](#)

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

Best wishes, the NES MAP Team