

## ARTICLE FOR OPTIMAL LEVEL NEWLETTER

Michele Harrison has been a member of Optimal Level since February 2009. She is owner of Informed Training Solutions, LLC. Informed Training Solutions provides training and consultation for businesses, nonprofit business, healthcare, juvenile corrections, high schools and addiction treatment entities.

At Informed Training Solutions, we strives to present and help our clients use Evidence and Research Based methods to deal with change management in their organizations. We frequently use the concept of motivational interviewing and motivational enhancement . We do practical and hands on workshops in the above areas to help employees and managers use effective change management techniques to obtain positive results for their clients.

Informed Training Solutions President, Michele Harrison, has been working with the Department of Juvenile Justice train 2,500 institutional officers, counselors, teachers, nurses and doctors in the spirit and principles of Motivational Interviewing to improve communication and outcomes for the adolescents that reside in various correctional institutions in California.

The feedback on the training has been excellent. The scores are exceptionally high . All the participants have thoroughly enjoyed the training and have found improved relations between them and the youth they serve. We are also doing Train the Trainer sessions and are able to mentor and train employees in the system to do the training. For more information please see website at [www.motivationalinterview.org](http://www.motivationalinterview.org) and [www.ucsd.edu/ccarta/calmetro](http://www.ucsd.edu/ccarta/calmetro)

Optimal Level has been very helpful in helping us with our confidence level, refining our business plan and developing a sales strategy. The support and encouragement from Linda McCabe and the women in the groups has made all the difference in keeping our business going.

This has been particularly gratifying for all involved. .

We are anticipating talking to various businesses and other entities about their training needs. We tailor our solutions to fit each individual client.

Our website is under construction. A new and improved website will be available at [www.motivationalinterview.com](http://www.motivationalinterview.com).

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