

How to Use Ask-Offer-Ask as a Brief Motivational Interviewing Intervention

Trainers

**Sarah Cameron &
Alexander Waitt**



We've All Been There...

“You ever walk away from a conversation and think, 'I could've handled that better'?”



Why Conversations Matter

The way we show up in conversations shapes everything else.



What Is a Brief Intervention?

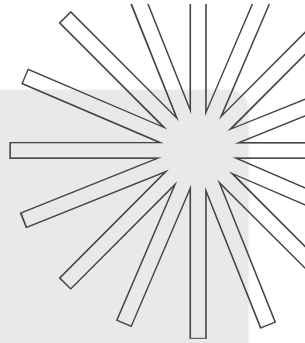
Brief doesn't mean rushed—it means intentional, focused, and supportive.



Why Brief Interventions Matter

“In real life, we don’t always get the luxury of time—but we do get moments.”

”



Introducing AOA

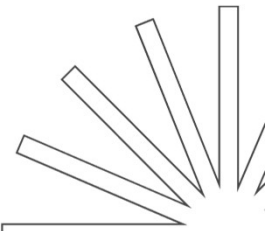
- Ask to understand.
- Offer with care.
- Ask again to re-engage.





The Moving Parts of AOA

**Each step carries intention—and
each creates opportunity.**



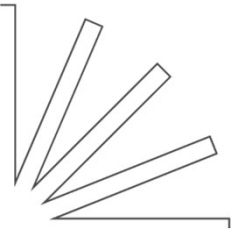
Why AOA Works

It helps us slow down, stay human, and make room for voice and choice



AOA Reflects MI Spirit

This isn't about getting people
to agree with us—it's about
honoring who they are.



The Law of Reciprocity

When we offer the first Ask, we give someone the experience of mattering—and they often give it back.



What Gets in the Way

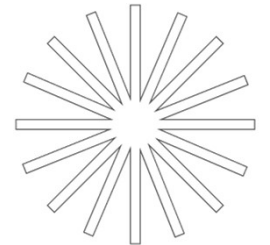
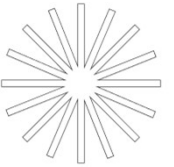
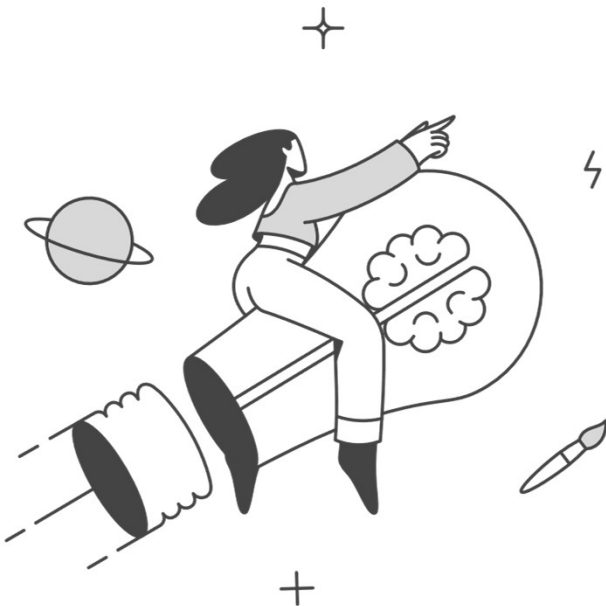
In the heat of the moment, our instincts get louder than our intentions.



AOA in Practice

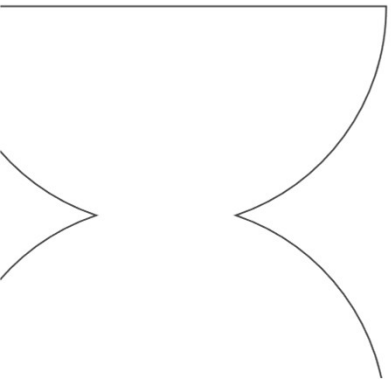
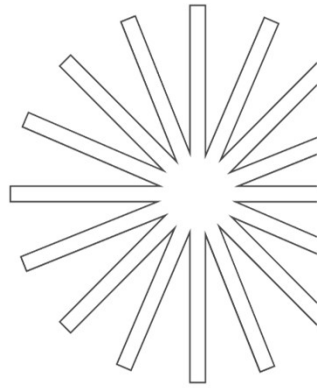
Demo 1

**Let's see this in
action.**



What Would It Take to Try This Tomorrow?

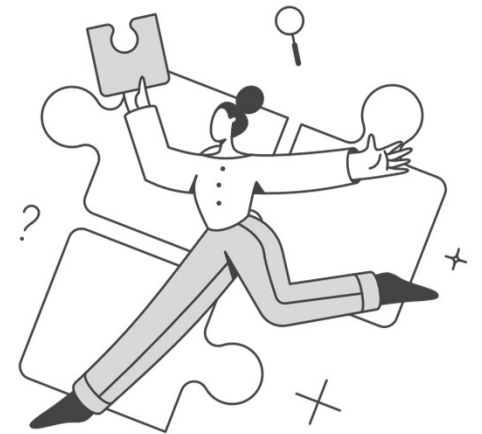
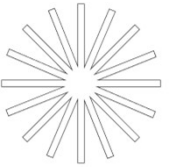
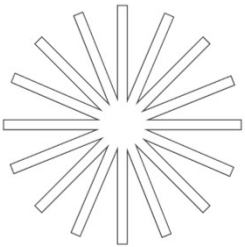
What do you need to feel ready?



AOA in Practice

Demo 2

**AOA doesn't fix the mess—it
helps us stay in it with care.**



Practice in Triads

Now it's your turn. Get in the sandbox and play around.



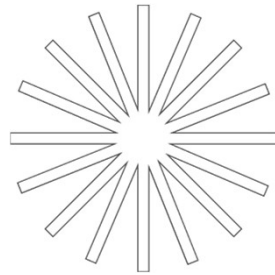


Your Real-Life Application

**Who's your person—and what
will you say first?**

A Return to Ourselves

**Every time we ask with curiosity,
we return to who we're trying to
be.**



Keep the Conversation Going...

**Continue your journey with Ask-
Offer-Ask.**

**Learn more, engage deeper, and
bring these tools to life in your
practice.**



Scan the QR code to access
resources, explore our book,
and discover more ways to
apply Ask-Offer-Ask in Child
Welfare.

