

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

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We've All Been There...

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



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Why Conversations Matter

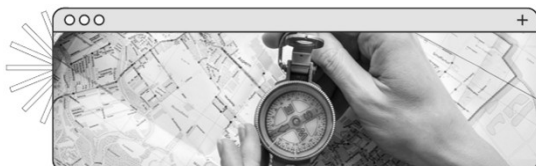
The way we show up in conversations shapes everything else.



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What Is a Brief Intervention?

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



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Why Brief Interventions Matter

66 In real life, we don't always get the luxury of time—but we do get moments.

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Introducing AOA

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



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The Moving Parts of AOA

Each step carries intention—and each creates opportunity.



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Why AOA Works

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





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AOA Reflects MI Spirit

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



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The Law of Reciprocity

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



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What Gets in the Way

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



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AOA in Practice

Demo 1



Let's see this in action.

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What Would It Take to Try This Tomorrow?

What do you need to feel ready?



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AOA in Practice

Demo 2

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



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Practice in Triads

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



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Your Real-Life Application

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

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A Return to Ourselves

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




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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.



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