



## Returning to the Heart of the Work: Sustaining Your Motivational Interviewing Spirit and Values

**Presenter:** Sarah Cameron and Annabys Jordan

**Date:** March 6, 2026

**Time:** 11:00 AM to 1:00 PM ET (*All times East Coast USA Local Time*)

**11:00 am – 1:00 pm**

- Introduction and overview
- Examining our own values and how they impact our work
- The Aspirational nature of the MI Spirit
- Spirit Fatigue
- Checking in with our "Spirit Tanks" / Tracking our progress
- Demo and Spirit assessment practice
- Ongoing practice tools
- Q&A and wrap-up

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