

# Setting SMART Goals with Clients: Community Health Workers

## Turning Conversations into Action

Dr. Michal Plavska leads this one-hour, self-paced activity to help Community Health Workers (CHWs) learn how to set SMART goals with clients that are realistic, measurable, and motivating.



### Learning Outcomes

Participants will be able to:

- Describe the components of SMART goals and how they relate to CHW practice;
- Differentiate between vague and SMART goals for clients using real-world examples;
- Apply motivational interviewing techniques to co-create SMART goals with clients;
- Develop strategies to document, monitor, and revisit client goals effectively.

Register Now with QR Code or link!



Through real-world examples and practical tips, community health workers will explore how to turn vague hopes, such as “I want to be healthier” into clear action plans that clients can achieve and sustain. The session also highlights the community health worker’s role in supporting, monitoring and adjusting goals as clients’ lives change.

Consortium for Health Education in Appalachia Ohio is approved as a provider of nursing continuing professional development by VTL Center for Professional Development, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

The Consortium for Health Education in Appalachia Ohio’s VTL Provider Approval# is: OH224-4 and approval is in place through January 31, 2027.

This session is approved for 1.0 hours of nursing continuing professional development. This opportunity is jointly provided by the Area Health Education Center at the Ohio University Heritage College of Osteopathic Medicine and the OHIO Alliance for Population Health at the College of Health Sciences and Professions.



[Register Now!](#)