**Raili Juurikas**

**WHY MI?**

MI has become a part of me over the years, probably because it is so logical and you don’t have to use it as a whole every time - sometimes it is enough to use some small elements to see the difference, to make the difference. So powerful. Those small success experiences just give more enthusiasm to try to undrestand people and their motivation more deeply. And to share this method and let the others to experience it.

**My background and work experience:** I have bachelor degree in psychology, master degree in Oranizational behaviour and unfinished studies in psychology masters programm. I’m working in TTK University of Applied Sciences as a paychology lector, peer support trainer and coordinator and student counceller. MI is one of my best friends at work. My first MI training was in 2011 and in 2017 I participated in MINT endorsed TNT training. I am also a member of the Board of Estonian Motivational Interviewing and Training Association (nonprofit organization).

**One sentence:**

I wouldn’t be the person i am today if there wasn’t MI and my MI friends and colleagues. And i’m happily open to be more influenced in my firm MINT Forum ☺