

Your Habits, Your Life: Making the Changes you Want

Agenda

We know productivity tools, mindset practices and wellbeing behaviours are essential to our resilience and success. Often, we know what we need to do, but we don't always succeed in developing behaviors and attitudes that become effective habits. We were taught that discipline is the key to being successful and that willpower is something we need to develop and strengthen. The research is clear that both are depleting resources and unreliable at best. In fact, according to neuroscience, willpower is nowhere in the equation for changing our behaviour. Building habits, it turns out, is the most effective and sustainable way to drive results.

Whether you want to support focused work, strengthen a wellbeing habit or up level your communication and collaboration skills, habit formation is key.

In this interactive session, you'll learn how to shift new behaviors into habits and ensure your key habits stick, so you can sustain performing at your best.

In this session participants will:

- Determine the behaviors most essential to your success at work and for your own wellbeing
- Entrench these behaviors into habits with a proven seven-step approach
- Establish a system that supports these habits in your day-to-day life to make time for your most important and strategic goals and aspirations
- Recognize the benefits of using habits to perform at your best (improved energy, focus and wellbeing)
- Leverage the power of accountability by identifying champions and collaborators

For more information on this workshop call us at 416-999-9178
or email marla@forhealth.ca