



Power of Habit™

Live Training Course Details

In this course, you'll learn how to create, replace, and implement habits to improve your life, your teams, and your organization. The Power of Habit Live incorporates group discussion, video case-studies, personal reflection, and engaging exercises into a fast-paced learning experience that enables participants to immediately apply their insights to real-time habit changes.

ONE-DAY COURSE

9:00am	Lesson 1: Leave the Lag Behind	<ul style="list-style-type: none"> Learn how and why habits control us Identify where your work and life lag behind your hopes and expectations Spot habit loops
10:30am	Break	
10:40am	Lesson 1: Leave the Lag Behind <i>(cont'd)</i>	<ul style="list-style-type: none"> Create a habit loop for a desired Starter Habit
11:20am	Lesson 2: Make It Doable	<ul style="list-style-type: none"> Create routines you can actually do Identify the cues that invite us to action
12:00pm	Lunch	
1:00pm	Lesson 2: Make It Doable <i>(cont'd)</i>	<ul style="list-style-type: none"> Learn how to use cues to automatically trigger desired routines
1:40pm	Lesson 3: Make It Desirable	<ul style="list-style-type: none"> Understand what makes a good reward Identify the Master Scripts you rely upon to create effective rewards
2:30pm	Break	
2:40pm	Lesson 3: Make It Desirable <i>(cont'd)</i>	<ul style="list-style-type: none"> Learn how to connect rewards with your Master Scripts and new routines Refine the habit loop for your Starter Habit
4:10pm	Lesson 4: Make It Habitual	<ul style="list-style-type: none"> Learn how to turn bad days into good data Discover how to stay focused to achieve your goals Create an action plan for your Starter Habit
5:00pm	End of Training	
Post-Training Four-week learning experience		<ul style="list-style-type: none"> Retain learning and refine your skills with online resources Receive weekly email tips and prompts Watch videos on how to create more effective loops Read helpful articles from experts Access worksheets and take assessments

“Habits are the currency of current performance and the best leading indicator of future success.”

Charles Duhigg

Habits are the building blocks of individual and team success. Those who can actively build and shift their current habit profile outperform those who don't—they adapt quicker, take control of factors that control them, and automate their success. If the people in your organization are ready to move their performance to the next level, The Power of Habit Training is for you. Call 1.800.449.5989 or visit us at www.vital-smarts.com.

Participant Materials

- The Power of Habit Participant Toolkit (100-page training workbook)
- A copy of *The Power of Habit: Why We Do What We Do in Life and Business*
- A course completion certificate
- Access to online resources after training, including articles, videos, and assessments