



Habits That Work, For Work



What is The Power of Habit™ Training?

Based on the *New York Times* bestseller by Charles Duhigg, The Power of Habit Training teaches practical skills for rapid behavior change. The course draws on the science of habit formation to help learners recognize when they need to change, what behaviors they ought to change, and how to make desired behaviors stick. Attendees learn how to align behavior with belief, action with aspiration, and execution with strategy.

Who Needs Training?

Whether you're trying to adopt a new technology, develop new leaders, or innovate beyond "it worked before," you face a habit challenge.

Adaptability is critical to success. Yet habits, by definition, persist. Organizations, teams, and individuals often know they need to change, but fail to do so. This space between knowing and doing represents a behavioral lag. And living in the lag threatens engagement, innovation, performance, productivity, health, and happiness.

What Does The Power of Habit Training Teach?

The course teaches how habits work and how to unlock the power to change them.

Learn to:

- Identify the habits that disproportionately impact productivity, performance, engagement, and happiness.
- Use skill, not will, to master habits for dramatic results.
- Adapt when faced with change, and integrate routines that produce desired outcomes.

Benefits of The Power of Habit

Enable Behavior Change.

Participants learn skills to change their habits and empower them to align their behavior with your organizational goals and values.

Increase Agility

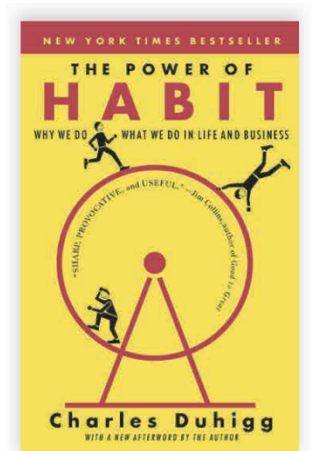
Participants learn skills to quickly adapt to ongoing changes in the workplace, such as new projects, processes, and software tools.

Reinforce Training

Skills taught by The Power of Habit Training can be applied to make any other skill-based training sticky within your organization.

“ There are no organizations or individuals without habits; there are only those who deliberately design them and those who do not.”

Charles Duhigg
 Author
 “The Power of Habit”



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