



## The Power of Habit™



# THE GREATEST PREDICTOR OF HIGH PERFORMANCE

Habits are unparalleled predictors of long-term outcomes. They affect performance more than talent, intelligence, luck, or decision-making. Most know this, yet we struggle to take control of our habits to get the outcomes we want. If knowing is half the battle, the other half is doing. Success is predicated on self-mastery; high performance is a matter of habit.



### WHAT IS THE POWER OF HABIT?

Based on the bestseller by Charles Duhigg and the latest science in habit formation, *The Power of Habit* teaches how habits work and how to develop effective habits using skill instead of willpower. The course teaches a skillset for mastering any habit. You might call this skillset the habit of all habits. The one to rule them all.

The in-person experience of *The Power of Habit* is an engaging classroom course rich with peer discussion, real-time practice, and group support and coaching. Delivered in one day, this in-person course offers the best in traditional learning and development.

# Course Details

*The Power of Habit 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.*

## COURSE MATERIALS

Learner Guide

The Power of Habit Model Card

A copy of *The Power of Habit: Why We Do What We Do in Life and Business*

Course completion certificate

Access to post-learning online resources including articles, videos, and assessments

## What's the next step?

If your organization could benefit from the skills taught in The Power of Habit, contact us today to learn more.

call +27 (12) 345 6281 or visit [thehumanedge.co.za](http://thehumanedge.co.za)



### 9:00 a.m. LESSON 1: LEAVE THE LAG BEHIND

- Learn how and why habits control us
- Identify where your work and life lag behind your hopes and expectations
- Spot habit loops

### 10:30 a.m. BREAK

### 10:40 a.m. LESSON 1: LEAVE THE LAG BEHIND CONTINUED

- Create a habit loop for a desired Starter Habit

### 11:20 a.m. LESSON 2: MAKE IT DOABLE

- Create routines you can actually do
- Identify the cues that invite us to action

### 12:00 p.m. LUNCH

### 1:00 p.m. LESSON 2: MAKE IT DOABLE CONTINUED

- Learn how to use cues to automatically trigger desired outcomes

### 1:40 p.m. LESSON 3: MAKE IT DESIRABLE

- Understand what makes a good reward
- Identify the Master Scripts you rely on to create effective rewards

### 2:30 p.m. BREAK

### 2:40 p.m. LESSON 3: MAKE IT DESIRABLE CONTINUED

- Learn how to connect rewards with your Master Scripts and new routines
- Refine the habit loop for your Starter Habit

### 4:10 p.m. LESSON 4: MAKE IT HABITUAL

- 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
- Refine the habit loop for your Starter Habit

### 4:30 p.m. END OF COURSE

## FOUR-WEEK ONLINE POST-LEARNING EXPERIENCE

- 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

