



## 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 virtual experience of *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.

# Programme Details

*The virtual experience of The Power of Habit includes videos, polls, in-class practice, breakout group discussions, and personal reflection to help maximise skill transference.*

## PROGRAMME MATERIALS

Digital Learner Guide

The Power of Habit Digital Model Card

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

e book

Digital course completion certificate

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

## What's the next step?

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

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



## SESSION & TIME

SESSION 1:  
**LIVING IN THE LAG & MAKE IT DOABLE (PART 1)**

2 hours

SESSION 2:  
**MAKE IT DOABLE (PART 2) & MAKE IT DESIRABLE**

2 hours

SESSION 3:  
**MAKE IT DESIRABLE (PART 2) & MAKE IT HABITUAL**

2 hours

**FOUR-WEEK ONLINE POST-LEARNING EXPERIENCE**

## LEARNING OBJECTIVES

- Learn how and why habits control us.
- Identify which areas of your work and life lag behind your hopes and expectations.
- Spot habit loops.
- Create a Habit Loop for a desired Starter Habit.

- Identify the cues that invite us to action.
- Learn how to use cues to automatically trigger desired outcomes.
- Understand what makes a good reward.
- Identify the Master Scripts you rely on to create effective rewards.

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

- Retain learning and refine your skills with on line 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.