

Changing Habits

Duration: 2 hours

This workshop is all about 'Taking Action' - how to use your new knowledge to change habits and improve your quality of life by breaking old established patterns and replacing them with sensible lifestyle choices.

"If you do what you've always done, you will get what you've always had."

Who should attend this course?

Individuals and teams wishing to achieve sustained high performance in everything they do and improve their quality of life.

Those people who no longer want to live on 'autopilot', but want to become the authors of their own lives!

Course Objectives

Upon completion of this course participants will be able to:

- Identify naughty foods and habits
- Identify when and why you eat these foods
- Plan healthy alternatives
- Make better choices when eating out
- Evaluate values and beliefs
- Set health goals
- Break patterns and change habits

Course Outline

Values and Beliefs

- Our beliefs determine our health choices
- Identifying limiting beliefs
- Beliefs influence choices
- Choices affect results

Breaking the Pattern

- Challenging unhealthy traditions and limiting beliefs
- Stimuli, triggers, outcomes and responses
- Disengaging responses from stimuli
- The power of the brain

Goal setting

- The power of setting goals
- The wheel of health
 - Where you are now
 - Where you want to be
 - How to get there