



# Behavior Change

## Create Healthy Lifelong Habits

### Course Description

Ever wanted to make that lifestyle change, break that bad habit, create a new work habit? It can be easy when you know the steps to get started! In this interactive and self-reflection-driven training, learn how to create lifelong habits by using scientifically proven steps of behavior change and habit formation.

### Outcomes:

- Discover the science behind behavior change and the psychological process that occurs when we go through or stop a behavior change.
- Learn about and reflect on obstacles that get in the way of changing behavior and the solutions.
- Experience motivational interviewing by participating in a guided self-reflection activity to discover your motivations for change.

