

Breaking Bad - Habits

Turning unworkable habits into productive behaviours for a more purposeful life.

Synopsis

This one-hour course gives participants the skills to recognise and transform unworkable habits into behaviours that contribute to a more meaningful and purpose driven life. While all behaviours and habits serve a purpose, not all will lead us towards the person we want to be. This, in turn, produces a degree of guilt and shame in our lives which is unhelpful and can stifle our true goals.

'Breaking Bad – Habits' provides participants with the skills to recognise these unhelpful behaviours, determine their true intent and move towards more appropriate alternatives and increased personal and professional productivity.

Course Topics

- What is the difference between habits and addictions?
- How to recognise an 'unworkable habit'.
- How to become aware of 'triggers' & 'cues' which drive unworkable habits.
- Understanding the 'costs' and 'payoffs' of unworkable habits.
- Identifying alternatives and workable actions.
- How to maintain and reinforce new habits.

Who is it for?

Learning how to recognise and transform our unworkable actions to workable behaviours that enhance our lives, is a skill for all employees, therefore, this course is suitable for all employees from frontline staff to executive management.

Course Details

Delivery: Virtual delivery

Structure: Workshop / interactive

Time: 1 hour

Class Size: Max 15 - 20

Cost: On request

The Trainer

David Contarini is a dynamic and accomplished facilitator from humble beginnings as a physical education teacher to delivering engaging content in the leadership, events, sports management, road safety education & health and wellness sectors. David holds a Master's Degree in Management and Diploma's in Teaching & Events Management. David is also a professional counsellor and operates a private practice in Brisbane.

