



THE POWER OF HABIT

Available In:

- English
- Spanish
- Videoconferencing

“The difference between who you are and who you want to be.”

The first step in breaking a habit is identifying the WHY. This workshop is based on the New York Times Bestseller the Power of Habit written by Charles Duhigg. Learn about the cue, routine and reward model to help you start and stop habits.

What will trainees learn:

- How to identify a habit
- How to break a bad habit and build good habits
- How to move beyond motivation to discipline
- How to utilize data to understand habits

How will this training benefit your company and employees?

Upon completion of the workshop individuals will be able identify habits and habit cues to help make adjustments if they so desire.

Hours: 8 hours= (8) hour virtual sessions

About Secret Brown



Secret has excelled in her field as a well- known and sought after facilitator for training development and a thought leader on leadership development and career transition for over 17 years. During her 15 years with United States Marine Corps Secret’s career has allowed her to be at the fore front in the field of federal government and higher education; gaining first- hand experience in the areas of human resources, program development & management, strategic planning and career transition. Secret’s training style has been described as thought-provokingly impactful, packaged with laughter and learning. Every engagement is designed to ensure that participants are moved to action and inspired to change.