

# Turn Learning Into New Behaviours

You make big investments in training and developing your people — but what happens when a session is over?

**Our 30-day Actionable Habit Builder bridges the gap between learning new skills and establishing lasting habits. When individuals embrace new behaviours, you start to see the real return on your investment in their development, collectively achieving better results in the process.**

The key is to enable individuals to integrate one small behaviour change into their daily activities.

## Here's how it works:

Following a session, participants are invited to commit to developing one small new habit over the next 30 days, and enter it into the Habit Builder. Participants are then prompted to check-in regularly on their progress, on a scale of 1 – 10, towards creating a new habit. Participants also have the opportunity to reflect on their progress through (optional) journal entries.

Throughout the month, you'll have access to data that shows levels of activity and monitor progress. At the end of the month, a full report is generated, which shows how new behaviours have been created in the organisation as a result of the session, and helps you decide on next steps.



## Benefits:



**DEFINING  
ACTIONS**



**CHANGE  
BEHAVIOURS**



**BUILD ENGAGED,  
PRODUCTIVE  
TEAMS**



**STRENGTHEN  
RELATIONSHIPS**



**IMPROVE  
CULTURE**

**Start a conversation**