



e-learning

Establishing new habits

Getting up in the morning, having breakfast, going to the bathroom, the daily trip to the office and then the usual morning coffee. Our behaviour is largely unconscious, because it is controlled by habits. Would you like to do something different and change an undesirable habit? Good idea! In this training you will learn how you can best do this.

Group of participants:

All those who want to break with routine and change things.

Duration: **approx. 1 hour**

Language:  

Learning objectives

- ✓ Name your habit
- ✓ Identify the cause of your habit
- ✓ Become aware of the cause
- ✓ Find out the need behind your habit
- ✓ Test alternative actions and find out which one satisfies your needs
- ✓ Create a plan and establish a new habit

Contents

What habits do I have?

How do habits work in the brain?

What is the cause of my habit?

Why do I have the need?

How do I establish a new habit?



Information on the web
www.haufe-akademie.de/el



Let us advise you
Tel. +49 761 595339-10 • digitales-lernen@haufe-akademie.de