

HABITS

CHANGES

**TACKLING ADDICTION IN DAILY LIFE**



A considerable size of the population have an insatiable thirst for some of the most addictive products invented.

From Coffee, Sugar and Social Media, to gambling, alcohol and prescription drugs.

These are products we rarely think about in terms of being addicted, because they are consumed in large numbers, and we mostly take them for granted.

This interactive webinar will explore some common addictions and provide empowering strategies to help identify and rewire healthy habits for all areas of life.



## CONTENT

- Welcome (+ insightful icebreaker question)
- What is addiction and what are the costs of addiction
- What are some common addictions e.g technology / work addictions
- Interactive quiz: 8 question quiz to identify if you are becoming addicted to work (and solutions)
- Science of addiction: What happens to your brain and body when you are addicted
- How to train your brain to create healthier habits

45 minutes in length (plus 15 minutes Q&A)