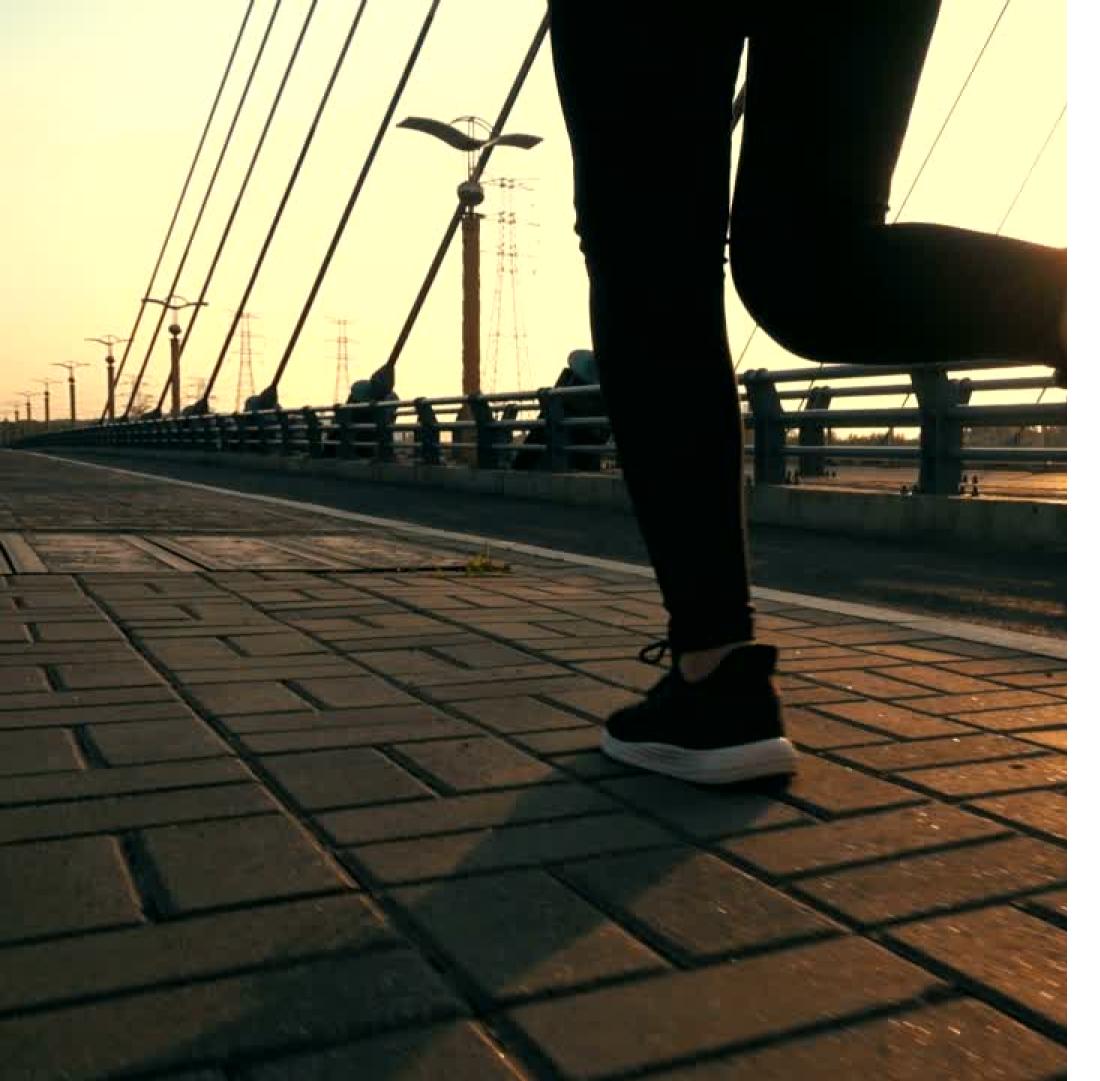# Forming Powerful Habits
For Increased Holistic Wellbeing

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While goals are about the results we want to achieve, habits are about the processes that lead to those much coveted results. Habits are notoriously challenging to build or break.

Change is energy consuming, and the brain prefers the status quo and the path of least resistance even if that means we fail to become better and better versions of ourselves as the years pass by.

The trick is to develop and skilfully carry out atomic daily habits that our brains do not resist, and to turn these tiny habits into building blocks of remarkable change in the long-run.
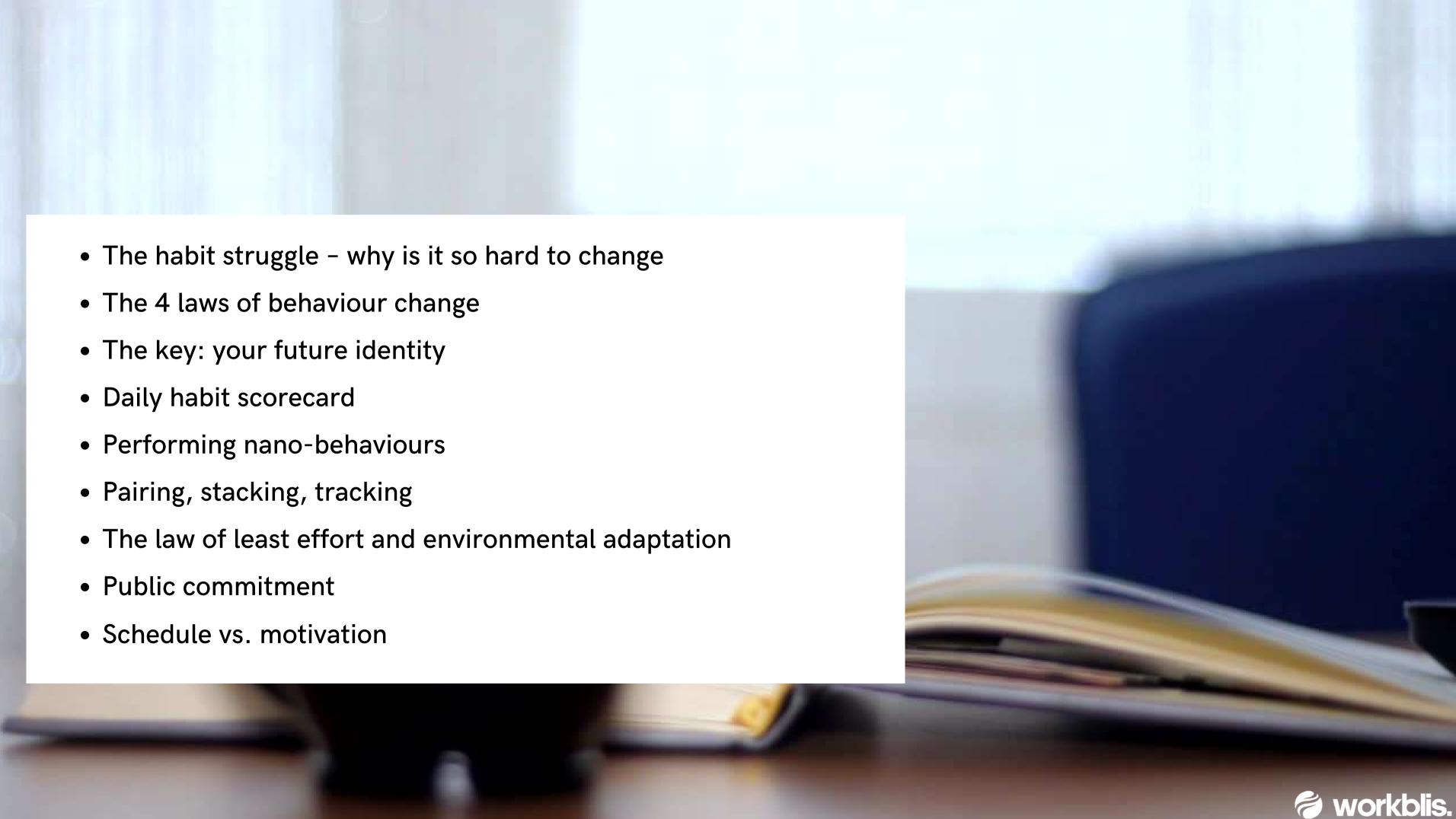
The focus of this session is to share a series of practical tools based on psychology, biology and neuroscience to configure habits in very specific ways to facilitate goal achievement.

THE CONTENT OF THIS SESSION

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- The habit struggle – why is it so hard to change

- The 4 laws of behaviour change

- The key: your future identity

- Daily habit scorecard

- Performing nano-behaviours

- Pairing, stacking, tracking

- The law of least effort and environmental adaptation

- Public commitment

- Schedule vs. motivation

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Mariann has a deep rooted passion for enhancing human potential. Her most recent academic training is an MSc in Health Psychology - University of Leiden (NL).

Her international corporate experience includes assignments with The European Commission, and PwC CEE region.

Expertise

- Training high-impact teams and individuals to create resilience, reduce stress and build coherence that translates into measurable improvements in mental well-being, vitality, quality of life and ultimately performance;
- Designing and implementing projects on: leadership development, heart-based leadership, employee engagement, finding inefficiencies in business processes, improving horizontal and vertical cooperation, aligned communication trainings, team building, change readiness audit;
- Consulting on strategic interventions to increase mental and physical well-being with a focus on primary, secondary and tertiary prevention strategies;
- Providing advise on corporate stress management (solutions for behavioural, physical and psychological symptoms of stress) and developing health behaviours that drive KPIs.

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