

SuppoRTT

Supported Return to Training

Tiny Habits® for Doctors

How to make changes in your life that last forever

In this workshop you'll discover that BJ Fogg's scientifically established system of behaviour change, as coached by Katherine, will help you build extraordinarily strong habits and achieve previously unattainable results.

This workshop is for anybody wanting to build strong positive habits quickly and effectively in all areas of their lives.

You'll find out how:

- Implementing the Tiny Habits® method will see dramatic changes in your life
 - Creating new habits is easy when you know how
 - Emotions create habits
- Behaviour change is a skill you can learn quickly and you don't have to rely on willpower or motivation.
 - You can build multiple new habits at the same time.

08 July 2019

10:00-15:00

Willow Terrace Road

University of Leeds

Leeds

LS2 9JT

22 November 2019

10:00-15:00

Don Valley House

Savile Street East

Sheffield

S4 7UQ

Book your place through Medical Maxcourse. Please look for
SuppoRTT: Tiny Habits

If you have any queries, please don't hesitate to contact the

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for health and
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SuppoRTT Team at
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