

Harnessing Habits



A half day immersive experience for individuals and teams who want to build strengths aligned habits that create sustainable, meaningful change.

Habits aren't about willpower or discipline. They're about understanding your patterns, your strengths, your triggers and the tiny behaviours that shape who you become, every single day.

WHAT WE COVER

- How habits are formed (and why they stick)
- Strengths aligned habit design
- Patterns that support or sabotage growth
- Identity, behaviour and the habit loop
- Micro habits for sustainable change
- Overcoming resistance + embedding new routines
- Integration & action planning

WHO ITS FOR

- Individuals wanting to build healthier, more aligned habits
- Teams wanting more consistency, accountability and follow through
- Organisations wanting behaviour change that actually lasts

OUTCOMES

- Clearer understanding of personal habit patterns
- Stronger alignment between habits, strengths and goals
- Increased confidence in creating small, sustainable behavioural shifts
- Practical tools to overcome resistance and self sabotage
- A more intentional, growth ready culture

DELIVERY + PRICING

Delivered:

- Virtual (individuals + teams)
- In-person (organisations)

Pricing:

- Organisations (Virtual): £1200
- Organisations (In-person): £1500

Book Your Session

Email us at
info@trans4mativeminds.co.uk or scan
the QR code

