



# HARNESSING HABITS FOR STRENGTHS-BASED SUCCESS

## WHAT IS IT?

Our habits shape the way we think, work, and grow — often more than we realise.

## WHY IS IT IMPACTFUL?

This session helps participants explore the science of habits and discover how small, intentional routines can unlock strengths, build resilience and create the lasting impact.

## HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Understand how habits are formed and why they matter
- ✓ Identify which habits support or undermine their unique strengths
- ✓ Design simple, strengths aligned habits that create lasting impact
- ✓ Develop strategies to overcome resistance and embed positive routines

## THE RESULT?

It helps design strengths-aligned habits that fuel confidence, momentum and sustainable success leading to greater productivity, continuous improvement approach and sustained performance gains for long term success.

