

THE BUSINESS ADVANTAGE SESSIONS

DESIGN YOUR HABITS

Why is it So Hard to Stick to Good Habits?

Have you ever set out with the goal of actually sticking to a new behaviour ... only to find yourself not doing it at all one week later?

I know I have.

Why is so hard to form good habits? Why is it so difficult to make consistent change? How can we have the best intentions to become better, and yet still see so little progress?

And most importantly, is there anything we can do about it?

This Business Advantage Session equips you with a framework to design your habits - the way you want

- The 3 R's of Habit Forming
- Build New Habit Loops
- Create Your Support System

When: Wednesday 25th March

Time: 6pm – 7pm

Where: Eden Fishermen's Club
79 Princes Highway, EDEN

Cost: \$31 per person

Includes: Your Personal Workbook,
tea/coffee and a muffin

To book your seat

email: sue.brodie@mindstream.com.au
or call Sue on 0406 866 634

Limited to 12 people

**Our Performance
Guarantee.**
If you are not completely
delighted we will happily
give you your money
back.

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April 22nd
Taking Care of
Time Bandits

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May 27th
The Power
of Influence

m

June 24th
Emotional
Intelligence

m

July 22nd
Up Your
Service

m

August 26th
Stress and
Resilience

m

September
16th
Conflict
Mastery

m

October 21st
Effective
People
Management

m

November 25th
Principals of
Effective Teams

The Business Advantage Sessions are also held in Nowra, Ulladulla, Batemans Bay, Narooma and Bega.

For dates, places and times please email: sue.brodie@mindstream.com.au or call Sue on 0406 866 634

As a Behavioral Specialist, Sue is passionate about working with people to unlock their full potential. She is a highly entertaining, energetic and inspiring facilitator who engages participants through a mixture of laughter, playfulness and thought provoking exercises.

Sue conducts regular workshops based on Behaviours, Influence, Confidence, Service, Team Empowerment, Values Based Leadership, Effective Communication and Stress Resilience.