



# The Power of Habit

**THE GREATEST PREDICTOR  
OF HIGH PERFORMANCE**

provided by EDUCATION SERVICE CENTER  
**REGION 11**



Habits are unparalleled predictors of long-term outcomes. They affect performance more than talent, intelligence, luck, or decision-making. Most know this, yet we struggle to take control of our habits to get the outcomes we want. If knowing is half the battle, the other half is doing. Success is predicated on self-mastery; high performance is a matter of habit.

# SUCCESS FOLLOWS SELF-MASTERY

## TOOLS FOR TOTAL PERFORMANCE

Based on the bestseller by Charles Duhigg and the latest science in habit formation, *The Power of Habit* teaches how habits work and how to develop effective habits using skill instead of willpower.

*The course teaches a skill set for mastering any habit. You might call this skill set the habit of all habits. The one to rule them all.*

## OCTOBER 8, 2024

Register for any of our courses at [www.escl1.net](http://www.escl1.net) and click on "Register" or contact Jennifer Baadsgaard at [jbaadsgaard@escl1.net](mailto:jbaadsgaard@escl1.net) or 817-740-7640 for more information on a course given at your location.



# Habits Yield Compound Results

*The Power of Habit helps organizations solve problems related to performance, engagement, leadership development, agility, and more.*

## ENGAGEMENT

As people increase their ability to build good habits, they become more engaged in work and life and take greater responsibility for outcomes.

## DEVELOPMENT

When employees know how to leverage the power of habit, they can more quickly adopt new skills and turn them into habits.

## EFFICIENCY

The Alcoa Corporation automated a behavioral safety routine that dramatically improved not only safety, but also efficiency, productivity, and revenue.

## PERFORMANCE

Simple changes to habits are shown to drastically alter workplace performance and life outcomes.

## QUALITY & SAFETY

Only by implementing measures and training that foster habit formation can organizations successfully help employees meet quality, safety, regulatory, or cultural standards.

*The Power of Habit is available in the following learning formats:*



### ON-DEMAND

This self-paced course offers 4-6 hours of on-demand instruction and 60 days of access for public workshop participants or up to 12 months of access for private sessions.



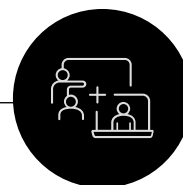
### VIRTUAL

Virtual, instructor led learning is delivered in three two-hour sessions.



### IN-PERSON

In-person classroom learning is delivered as a one-day (seven hours) course.



### BLENDED

Blend your preference of learning formats. For example, supplement on-demand learning with in-person or virtual instruction.

## About the Book

Charles Duhigg's *New York Times* bestseller sparked a worldwide fascination with the science of habits and continues to transform individuals and organizations.

