



There are no organizations or individuals without habits; there are only those who deliberately design them and those who do not.

—Charles Duhigg

THE POWER OF HABIT™ ONLINE

Habits By Design, Not By Default

Small, daily habits are unparalleled predictors of long-term outcomes. What we do today determines what we achieve tomorrow. This is true for individuals and organizations. Yet people often find themselves at the mercy of habit, stuck in routines that yield unwanted results. What might they achieve if instead they were the master of their habits?



What is The Power of Habit Online?

Based on the *New York Times* bestseller by Charles Duhigg, *The Power of Habit™ Online* teaches skills to identify and develop better habits for better performance in work and life. This on-demand course harnesses the latest instructional design behind modern learning to deliver a flexible and interactive experience that translates into real behavior change.

Who Needs The Power of Habit Online?

Adaptability is critical to success in our fast-paced, ever-changing world. Organizations, teams, and individuals often fail to make required—or even aspirational—changes because they are stuck in their habits. This space between knowing and doing represents a behavioral lag. And living in the lag threatens engagement, innovation, performance, productivity, health, and happiness.

The online experience is ideal for remote or co-located teams, front-line employees, or anyone with a demanding schedule. Learn these high-leverage skills anytime, any where.

What Does The Power of Habit Online Teach?

The course teaches how habits work and how to unlock the power to change them. **Learn to:**

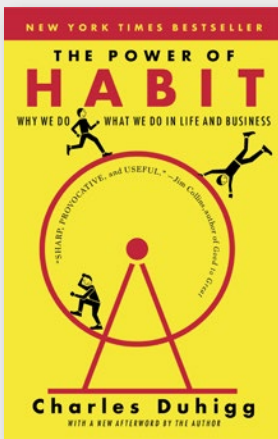
- Identify the habits that disproportionately impact performance, engagement, and happiness.
- Use skill instead of will to replace limiting habits with effective habits.
- Adapt when faced with change.
- Create new routines that produce desired outcomes.

Participant Materials

- The Power of Habit Handbook to use during and after the course
- Starter Habit Worksheet
- Course completion certificate
- Access to Your Habit Home, a website with additional resources to facilitate habit change
- Digital copy of *The Power of Habit: Why We Do What We Do In Life and Business*

About the Book

In *The Power of Habit*, award-winning business reporter Charles Duhigg takes you to the thrilling edge of scientific discoveries to explain why habits exist and how they can be changed.



What's the Next Step?

If your organization could benefit from the skills taught in The Power of Habit Online, contact us today to learn more. Call **1-800-449-5989** or visit us at [vital-smarts.com](https://www.vital-smarts.com).

THE ON DEMAND LEARNING EXPERIENCE

What is Required?

Participants can access the course on the internet from any computer, smart phone, or tablet. They also gain access to digital participant materials that enhance the learning experience.

What is the User Experience?

The course provides 4–5 hours of instruction along with resources for offline study. The learning activities teach The Power of Habit skills in bite-sized modules using videos, quizzes, and exercises geared toward application.

How is the Course Administered?

The course can be completed individually or as a part of a group. For group trainings, anyone can be designated as the course manager to administer the course.

Course managers distribute the registration link and track the progress and achievement of users through easy-to-use reports. A course manager is also able to message individuals or groups for encouragement and reminders throughout the training.

What Training Support is Available?

Participants can contact the VitalSmarts online team for support. They also have access to their course manager, whose role is to ensure a smooth experience with the technology and the meaningful application of skills. Every graduate gains access to Your Habit Home, a website with resources for an ongoing learning journey.

About VitalSmarts Named a Top 20 Leadership Training Company, VitalSmarts is home to the award-winning Crucial Conversations®, Crucial Accountability®, Getting Things Done®, The Power of Habit™, and Influencer Training® and *New York Times* bestselling books of the same titles. VitalSmarts has consulted with more than 300 of the Fortune 500 companies and trained more than 2 million people worldwide. www.vital-smarts.com

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