

**It's Habit-Forming**  
**A virtual workshop based on the book**  
***The Power of Habit* by Charles Duhigg**

**Why would you want to participate in this virtual workshop?**

- ◆ You have a habit that's not working for you...
- ◆ You have been unsuccessful in changing a habit...
- ◆ You are ready to try something different...

If any of those statements describes you, then read on.

**What will you get from this virtual workshop?**

This virtual workshop is based on the premise that we can change habits if we understand how they work. Habits are choices that we deliberately make at some point and then stop thinking about what we're doing. But we continue repeating these choices over and over again. Eventually we forget that at one point we had made a choice. Once we stopped making that choice, the behavior became automatic. It became a habit.

**What is a virtual workshop?**

This virtual workshop is a group of no more than five people who meet by phone for one hour once a month to participate in a facilitated conversation. It is divided into two parts: Part 1 lasts for four months and Part 2 continues for a total of ten months. Some participants may attend only Part 1. Others may register for the entire ten months.

The conversations explore the concepts in the book, *The Power of Habit*, but you will do more than talk. You will take action. Facilitated by Kathie England, Certified Organizer Coach<sup>®</sup>, these conversations will help you learn how your habits are formed and the keys to changing them. You'll also be able to listen to recordings of the calls after each workshop.

**What is the difference between Parts 1 and 2 of the virtual workshop?**

The structure of the workshop is based on the sections in the book, *The Power of Habit*. In Part 1 the workshop focuses on how habits emerge in individuals. It covers the Prologue, Chapters 1-3, and the Appendix of the book. Part 2 focuses on the habits of successful companies and organizations. It also examines the habits of societies. This part covers Chapters 4-9.

**What is the value of working in a group?**

According to Charles Duhigg, researchers have learned that when you want to change a habit, "the odds of your success go up dramatically when you commit to changing as part of a group." One key to changing your habit is your developing the belief that change is possible. Belief is much more likely to occur with the help of a group.

"If you believe you can change – if you make it a habit – the change becomes real. This is the real power of habit: the insight that your habits are what you choose them to be."

## More about the workshop

This virtual workshop can be described as group coaching with the focus provided by Charles Duhigg's book and Kathie England's skills as a Certified Organizer Coach®. The International Coaching Federation (ICF) defines coaching as "partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential."

This virtual workshop shares the same goal – to help individuals learn how to change habits that have left them stuck!

### What does it cost?

Part 1 - \$140 if paid in one payment **or** \$160 if paid in four monthly payments of \$40 each (due at the beginning of the month).

Parts 1 and 2 - \$325 if paid in one payment **or** \$375 if paid in ten monthly payments of \$37.50 each (due at the beginning of the month).

### Obtaining the book, *The Power of Habit*:

1. If you buy the book on your own, then there is **no** additional charge.
2. If you prefer to have the book purchased and mailed to you, then the cost is an additional \$20 due at the time of your first payment.

### When is the workshop?

This workshop will meet by phone from 3:30 p.m. to 4:30 p.m. (Pacific Time) on the third Thursday of the month. Workshop dates are:

1. March 21
2. April 18
3. May 16
4. June 20 – the last call for Part 1
5. July 18 – begins Part 2
6. August 15
7. September 26\*\* (note: 4<sup>th</sup> Thursday)
8. October 17
9. November 21
10. December 19

### How to sign up?

Call Kathie England at 503-531-9466 or email her at [Kathie@timeforsuccess.net](mailto:Kathie@timeforsuccess.net). She will send you a registration form and an invoice that you can pay directly with a check or with a credit card through PayPal.

Once you have registered and paid for the workshop, you will receive your book (if you asked for it to be ordered for you), an information packet, and the dial-in number for the call.

### Who is Kathie England?

As an organizer coach, Kathie is a catalyst. She draws on her background in teaching, facilitating, interviewing, listening, and problem-solving to help people learn to think more effectively. She listens and observes without judging. She believes that people have their own solutions within them and her role is to ask the questions that will help them discover these solutions. She started her business, Time for Success, Inc. in 2002.

**Do you want to change your habits? Take this first small step and sign up today!**