



## **Emotional / Personal Effectiveness**

### **Live Workshop (Online or Onsite)**

#### **Introduction**

We are what we repeatedly do. As such, we are a product of our habits. It is therefore crucial to implement good habits into our lives, and more importantly, learn how to break bad ones. The question is, how do we know what actions to take? How do we know what is most important to us? If you want to find your true north, you need to know what you value. Only then, can you make decisions and then act in alignment with what really matters.

#### **What's Included?**

In this workshop, we will:

- Discuss the science of habits
- Demonstrate how habits develop; how they are sustained; and how they appear impossible to change
- Show how to break bad habits and maintain good ones
- Highlight the importance of values-based decisions
- Demonstrate the problems we face when we make feelings-based decisions
- Provide a metaphorical tool that will help to make decisions that align with our values

#### **Learning Outcomes**

On completion of this workshop, attendees will:

- Develop a deeper understanding of the science of habits
- Learn how to break any bad habit
- Learn how to create and sustain new positive habits
- Learn to distinguish between feelings and values-based decisions
- Develop a strong values-based system that will guide us towards our true north, helping to make decisions and take actions towards the most important aspects of our lives



### Online

- 1-hour interactive online workshop (Zoom is preferred).
- Zoom Pro limit is 100 attendees. Client is welcome to host using their own platform
- Price: €1,500 ex VAT which will include any group activity outputs.

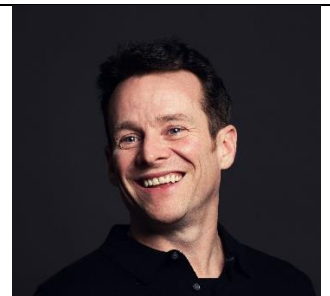
### Onsite

- 1-hour interactive onsite workshop (Dublin). Email for other location options.
- Price: €1,750 ex VAT which will include any group activity outputs.

### About the Workshop Facilitator

#### **Brian Pennie PhD**

*On October 8 2013, [Brian Pennie](#) experienced his first day clean after 15 years of chronic heroin addiction. Since embracing his second chance at life, he has become a doctor of neuroscience and psychology, consultant to some of the world's largest corporations, a neuroscience lecturer in Trinity College and University College Dublin, a life-strategist, and author of his memoir, *Bonus Time*.*



### Contact Details

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