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Leading Yourself through Change: The Power of Habit [1]

The purpose of this course is to provide participants with a step-by-step approach to understanding and reshaping their personal and professional habits.

Discussions on leading change typically focus on the external: other individuals, other teams, outside processes. Yet one of the most powerful change leadership strategies is the internally directed approach of deccoding, mapping, and reengineering one's personal habits. The process of leading internal change can then be applied to leading external change for teams and projects.

Program Level: Basic

Prerequisites: None

Advanced Preparation: N/A

Instructional Method: Group-Internet Based

Instructor: Normandy Roden [2]

Recommended CPE Credit: 1 Hours

Field of Study: Personal Development

Course Objectives:

At the end of the course, participants will be able to:

- With an understanding of the purpose of habit, leverage the habit feeedback loop (cue - routine - reward) to build, break, or change routines/responses.
- Decode and map their own routines, actively identifying the triggers (cues) and rewards that drive their automatic behavior.
- Engineer positive new behaviors.
- Apply knowledge of habits/habit loop in personal life to decode and reengineer habit change in work life.

Course Developer: Normandy Roden [2]

Course Reviewer: - March 2026

Program Policies [3]

NASBA Statement

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Source URL:https://www.cu.edu/controller/cpe-cpas/course-catalog/leading-yourself-through-change-power-habit

Links
[1] https://www.cu.edu/controller/cpe-cpas/course-catalog/leading-yourself-through-change-power-habit
[2] https://www.cu.edu/controller/normandy-roden [3] https://www.cu.edu/controller/cpe-cpas-policies
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