

## **Leading Yourself through Change: The Power of Habit** <sup>[1]</sup>

The purpose of the Leading Yourself through Change: The Power of Habit course is to provide participants with a step-by-step approach to understanding and reshaping their personal/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 evaluating and directing one's own, individual 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-Live

**Instructor:** [Normandy Roden](#) <sup>[2]</sup>

**Recommended CPE Credit:** 1 Hours

**Field of Study:** Personal Development

### **Course Objectives:**

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

- Explain the purpose of habits and the habit feedback loop (cue-response-reward)
- Identify, analyze, and assess their own personal/professional habits
- Apply knowledge of individual habit change to team habit change

### **Program Policies** <sup>[3]</sup>

#### **NASBA Statement**

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**Links**

[1] <https://www.cu.edu/controller/leading-yourself-through-change-power-habit>

[2] <https://www.cu.edu/controller/normandy-roden> [3] <https://www.cu.edu/controller/cpe-cpas-policies>

[4] <http://www.learningmarket.org>