Government CAMPUS

Habits of Change

As human beings, we're very good at operating on autopilot. We can be creatures of habit, forming repetitive routines which allow us to perform complex activities without ever really thinking about them. Sometimes, this can be a handy skill, freeing our minds to think about other, more important, tasks. At other times, it can be a hindrance, allowing bad habits to develop or causing us to feel bored and lacking in motivation. Understanding when habits work for us, and when they work against us, is an important part of our personal development and effectiveness.

Description

Comprehending conscious thought is one of humanity's finest evolutionary achievements – yet we don't always make the most of it. We can sometimes switch it off in favour of tried and trusted habits. This topic will help put you back in charge of your conscious thinking. You'll assess the typical habits you have both in work and at home and you'll learn skills and strategies for making new habits or breaking old ones. Whether you're managing change, or experiencing change, this topic will help challenge your cognitive approach.

What does it involve?

This topic involves a 90-minute workshop which will introduce you to tips, techniques and insights from the worlds of psychology and related sciences. You'll consider the importance of motivation and the micro and macro factors which contribute to it. You'll learn about boosting your willpower, how to minimise your cognitive load appropriately and how to regulate the amount of attention you give to individual tasks.

What's the outcome?

After completing this topic, you won't just understand what your typical habits are; you'll also understand why they occur. By learning the techniques for making and breaking habits, you'll be able to retake control of your cognitive autopilot. You'll also be able to create a strategy for ensuring that your learning is put to good use back in the workplace. Using triggers, routines and rewards, you'll be able to establish habits that really work for you.