

# The Art of Making and Braking Habits Training



## Three hours that changes your life



## Stop letting bad habits control your life!

Uncover your *facilitators the superpowers for habits*

Did you know 48% of what you do every day is **HABIT**? That's almost half your life on autopilot!

Want to take back control?

My **habit training** dives deep into the habit loop, revealing the secrets to making and breaking habits.

It will equip you with the **tools you need** to create for lasting change.

You will craft a ***personalized action plan*** to become your better self

One on One **personal coaching** (optional) in the following months

Get in touch with me



# What can you expect

Are you ready to take control of your life and transform your habits? Join us for an empowering workshop:

The Art of Making and Breaking Habits, where you'll discover the science behind habit formation and learn practical strategies to create lasting change.

## What You'll Gain:

- Understand the Habit Loop: Learn how cues, routines, and rewards shape your daily life.
- Discover strategies to create new, positive routines. Identify and replace habits that no longer serve you.
- Personalized Action Plan tailored to your goals.
- Gain insights from experienced coach to support your journey.

## Workshop Highlights:

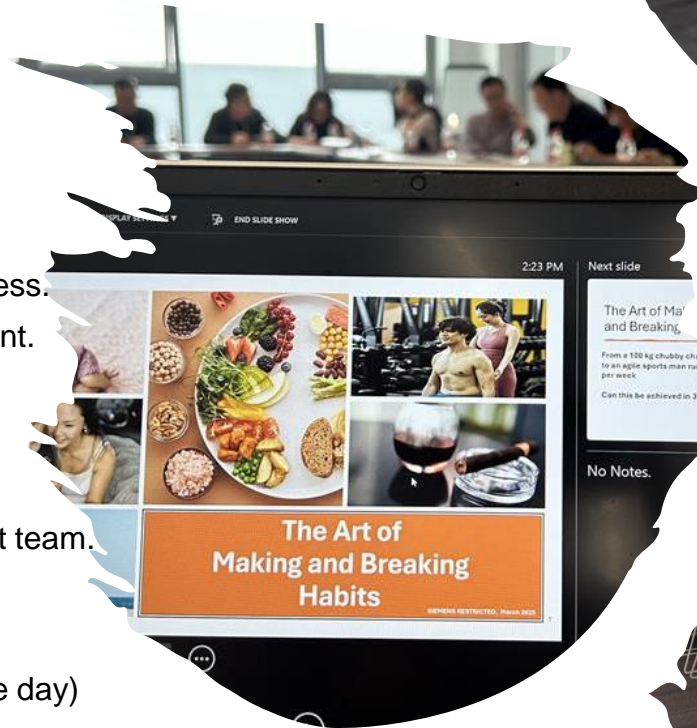
- Interactive exercises to identify and set goals for your habits.
- Learn how to leverage willpower, support systems, and micro-habits for success.
- Advanced strategies like habit stacking, time blocking, and routine replacement.
- Create a personalized action plan and partner with others for accountability.

## Who Should Attend?

Suitable for everyone who want to improve themselves. Great for management team.

## Workshop Details:

- Language: English
- Location: Shanghai your location / Date: 27-29<sup>th</sup> March possible ( 3 hours one day)
- Optional Follow-Up: One-on-one coaching sessions (up to 6 Sessions each)





# Habit- Changes are not easy. How a coach could help you!

(optional / voluntarily after the workshop)

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## •Identify & Prioritize:

- Identify habits aligning with values & goals.
- Prioritize based on impact & feasibility.

## •Find Facilitators:

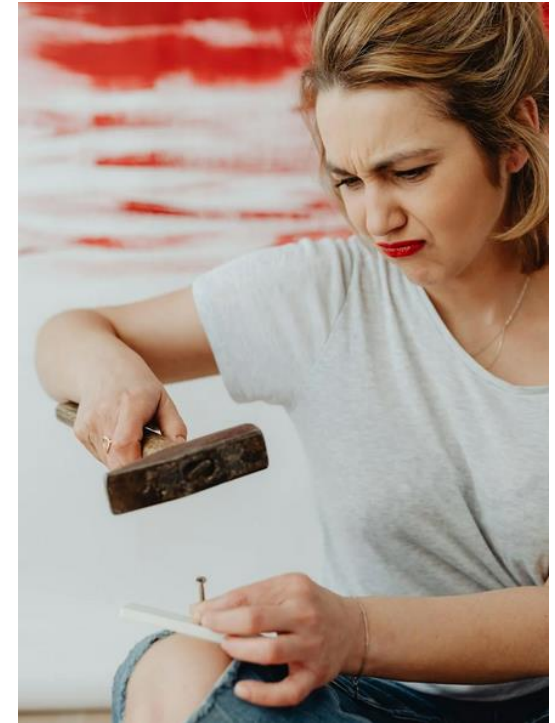
- Uncover intrinsic motivation.
- Leverage support systems.

## •Identify Your Personal Way:

- Habit Stacking (integrate into routines).
- Eliminate cues for bad habits.

## •Develop Plan:

- Set SMART goals.
- Break down into smaller steps.
- Track progress & celebrate successes.
- Regular check-ins for accountability.



# Your Coach

## My Aspiration for you:

Find your personal North Star and guiding purpose

- Coaching you based on your strength
- You become the best version of yourself
- Navigate your journey with confidence
- Facilitate your next step

## My Assignment

- Head Business Lines China
- Team of 400 Product Managers and Engineers
- Understands several businesses from start up to medium sized company to multinational enterprises

## My Business Experience

- Sharp Observation, Intercultural awareness, Self reflected
- Leadership roles for almost a decade on different levels
- Manage organizational growth 100 to 400 headcounts in 3 years
- Build up organization / leadership team across Organizations
- Experience in Product-, Solution- and Integrator Business
- Drive collaborations across locations worldwide

## My Contact:

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