



# Saruk Leadership Conference Behavior Change

Kylene Heykants, BPE CSEP  
January 20, 2024



# Behavior Change Theories

## Health Belief Model

- How are beliefs may or may not shape behavior change in terms of health and wellness

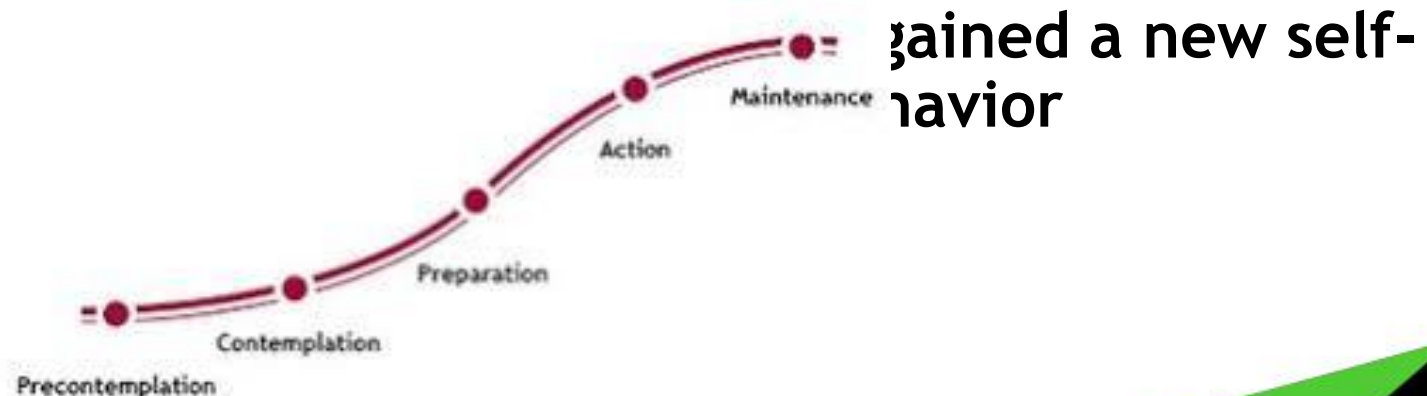


# Behavior Change Theories

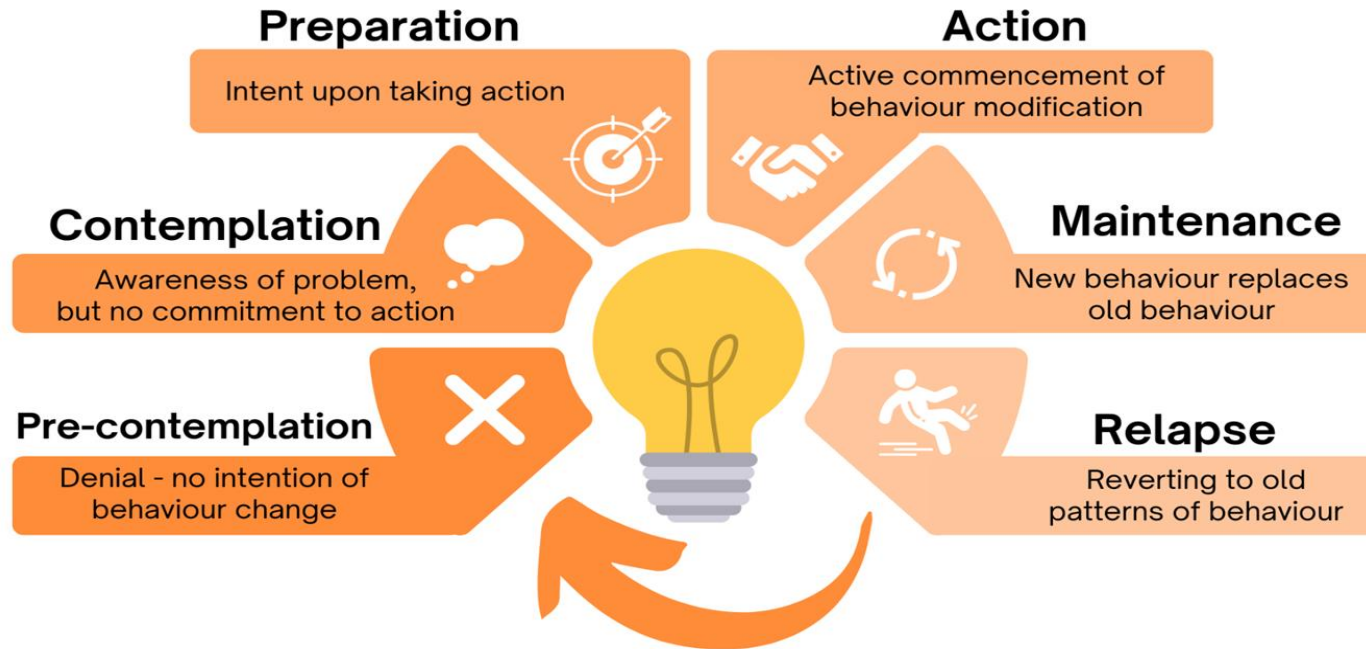
## Transtheoretical Model of Behavior Change

1. Precontemplation - unaware of the need to change
2. Contemplation - aware of the problem and of the desired behavior change
3. Preparation - intends to take action
4. Action - practise of desired behavior
5. Maintenance - works to sustain the behavior change

Termination - |  
image and total self e



# STAGES OF CHANGE



# Behavior Changing Techniques

## Shaping

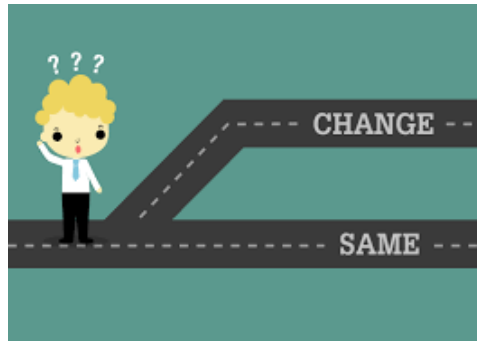
- Reinforcing goals that are close to your desired targets

## Visualizing

- Mental image to help plan an individual's action in order to be prepared to accomplish their goals

## Modelling

- When you observe the behaviours you admire and isolate their components, you can model the steps in your behaviour change based on a proven success



# Behavior Changing Techniques

## Controlling the situation

- Influence a behaviour by using situations and occasions structured to exert control over the behaviour

## Reinforcement

- Presenting something positive following a behaviour being reinforced

## Self Talk

- The way in which someone talks to themselves plays a huge role in behavior change

## Thought Stopping

- Purposely making a point to block/stop negative thoughts in order to move forward and make a positive behaviour change

## SPECIFIC

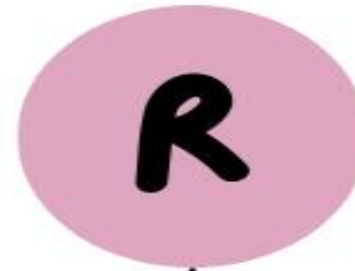
WHO, WHAT, WHEN, WHERE,  
WHY

TARGET A SPECIFIC AREA  
FOR IMPROVEMENT



## ATTAINABLE

IMPORTANCE OF GOAL  
SHOULD BE MOTIVATING,  
NOT DISCOURAGING



## TIME-RELATED

SPECIFY WHEN THE RESULT(S)  
CAN BE ACHIEVED

ALLOWS US TO MONITOR  
PROGRESS

PROVIDES US WITH STRUCTURE



## MEASURABLE

QUANTIFY OR AT LEAST  
SUGGEST AN INDICATOR OF  
PROGRESS

METRICS USED

## REALISTIC

STATE WHAT RESULTS CAN  
REALISTICALLY BE ACHIEVED,  
GIVEN AVAILABLE RESOURCES

ENSURING THEY MATTER TO US



# SMART Goals

1. Create two personal SMART goals that you'd like to accomplish within the year
  - i. Make one specific to building and cultivating relationships in your life. The other may be anything you wish
  - ii. Once complete, share with the person next to you

**\*\*People are 42% more likely to accomplish their goals if they are written down\*\***





# Activity

## Techniques and SMART Goals

1. Each table will be assigned a behavior changing technique. With your group, work together to:
  - i. Define behavior changing technique
  - ii. Provide an example of when this technique is best used
  - iii. Create a SMART goal, specific to social and emotional health where the technique may be used
  - iv. Find or create a meme that best illustrates this behavior changing technique



# Habits

- Goals allow us to set a direction or desired destination while systems are best for making progress

“The ultimate form of intrinsic motivation is when a habit becomes part of your identity. It’s one thing to say I’m the person who *wants* this. It’s something very different to say I’m the type of person who *is* this.”

- James Clear, author of *Atomic Habits*



## HOW TO CREATE A GOOD HABIT

***Make it Obvious***

***Make it Attractive***

***Make it Easy***

***Make it Satisfying***

## HOW TO BREAK A BAD HABIT

***Make it Invisible***

***Make it Unattractive***

***Make it Difficult***

***Make it Unsatisfying***





# Habits

1. **Create 3 habits that will help you achieve one of your SMART goals**

