



AGENDA

Helping People Change: Strategies to Encourage, Establish, and Maintain Healthy Habits

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Note: All times are Pacific Time

10:00 – 10:10: Welcome and introduction

10:10-10:45: How habits are formed in the brain

- Simple habit systems
- Principles of habit formation in the brain

10:45 – 11:30: What makes habits stick

- Contextual factors that influence habit formation
- How habits take effort (at first)
- Conditions that make habit formation harder
- How to overcome difficulties to support habit learning

11:30 – 11:45: Morning Break

11:45 – 12:45: Making habits work for you

- How to use the habit system to maximize lasting habit change
- Application of brain principles to everyday strategies

12:45 – 1:15: Maximizing contextual support

- Setting yourself up for success changing habits
- Forgiveness when habits don't stick
- Maintenance of long-term habits