

# Changing People's Behaviour: Some Basic Principles

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## New Years Resolution



- Think of a New Years resolution you have made.
- Are you still keeping to it?
- If not, why?
- If you are, what has helped you stick to it?

# Sources



# Behaviour Change =



**Knowledge**



# Behaviour Change =



**“It could be me” (or my workmates or family)**



# Behaviour Change =



**Skill**



**Behaviour Change =**



**Support**



**Behaviour Change =**



**Planning**



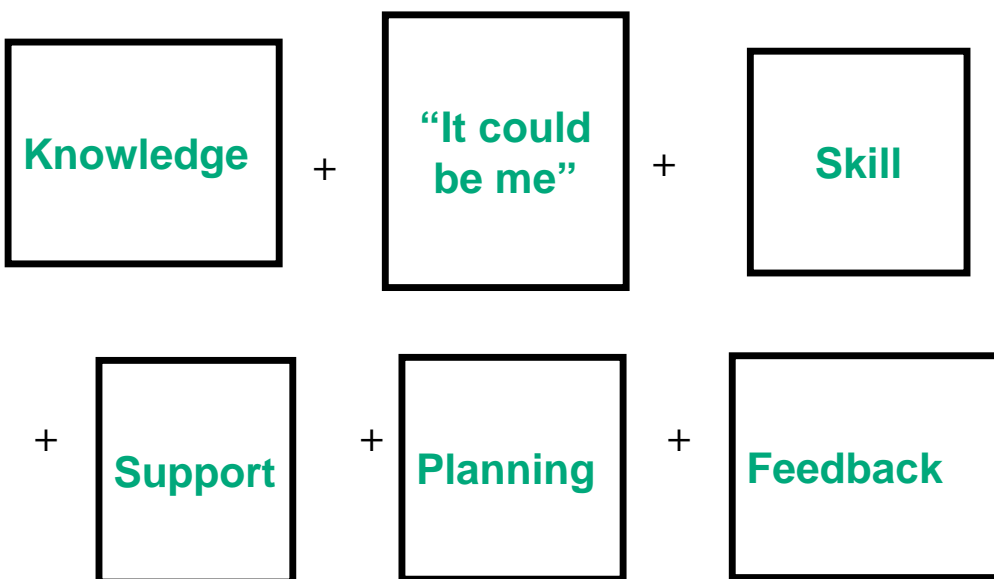
# Behaviour Change =



## Constructive Feedback



# Behaviour Change =



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