

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



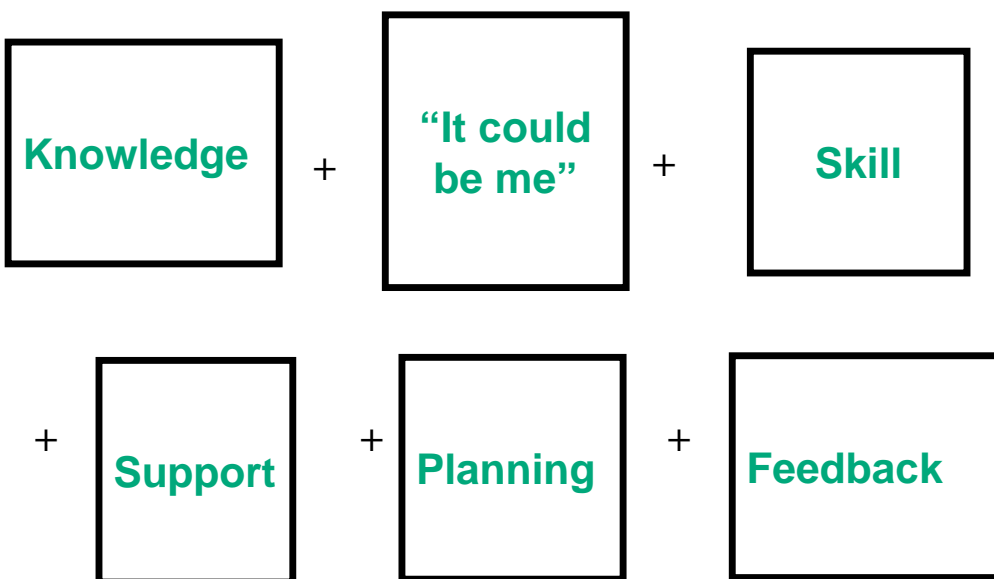
Behaviour Change =



**Constructive
Feedback**



Behaviour Change =



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