

# Change Your *HABITS*, Change Your World

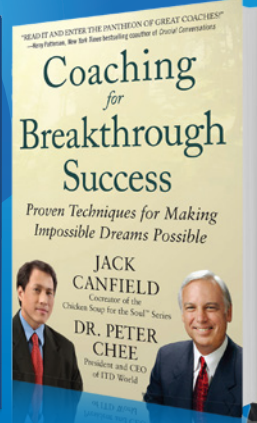
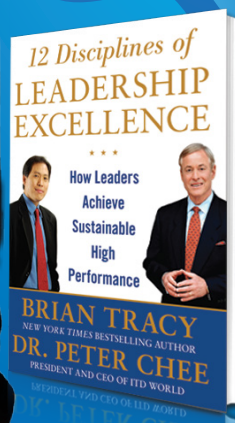
## Transforming Your Results in Work & Life

### A 2-Day Learning Solution



#### Dr. Peter Chee

- ITD World's President & Chief Coach; developed leaders from over 80 countries
- Inventor of the Situational Coaching Model & first Asian to be ranked among the top eleven coaching gurus in the world
- Author of Coaching, Leadership, Mentoring & Talent Management books with the world's leading mega gurus



#### Dion Ooi

- Top certified master coach and trainer who has developed over 30,000 leaders internationally.
- Director of Global Learning & Performance at ITD World.
- Held award winning leadership positions at Dell Computers plus over 22 years of hands on experience

### Key Benefits

- \* Effectively recognize your success versus failure habits
- \* Discover how to stay on top of your everyday tasks & increase daily productivity
- \* Use powerful habit change tools & techniques to achieve sustainable results
- \* Replace unfavorable habits with the most compelling success habits
- \* Transform your world with breakthrough success in work and life



For more information, please go to [www.itdworld.com/ic2.php](http://www.itdworld.com/ic2.php)

# INTRODUCTION

Habits will either make you or break you! Habits and routines are the foundation of a great day that leads to success. When you have good habits and routines in place, the day will flow better and smoothly. Discover what habits do successful people have and how they leverage on their good habits to gain performance with results.

Change Your HABITS, Change Your World workshop is specially designed to equip individuals with the necessary knowledge and practical skills in achieving results with HABITS of successful individuals. It aims to transform the individual with the right habits, discipline and commitment, especially in this challenging environment with lots of distractions, conflicting priorities, unclear objectives and losing focus.

Ultimately, this workshop will help transform the individuals to realize their full potential in changing their habits for the better; be effective and efficient resulting to increased personal productivity, doing the right things and positively influencing the people around with the habits of a successful high performer.

This program enables the synergy of the world's leading gurus and experts on habit change namely: Anthony Robbins, Charles Duhigg, Dr BJ Fogg, Jack Canfield, Dr Peter Chee, Brian Tracy, Martin Grunburg, Dr Joe Dispenza, MJ Ryan, Dion Ooi, Stephen Covey and Kerry Patterson. It is designed as the best of the best development experience.

## KEY BENEFITS

The key benefits and focus of this session:

- Effectively recognize your success versus failure habits
- Discover how to stay on top of your everyday tasks & increase daily productivity
- Use powerful habit change tools & techniques to achieve sustainable results
- Replace unfavorable habits with the most compelling success habits
- Transform your world with breakthrough success in work and life

## LEARNING METHODOLOGY

Lecturette, group sharing, exercises, profiling, role plays and videos.

*“Keep good things close and convenient, and bad things distant and difficult.”*

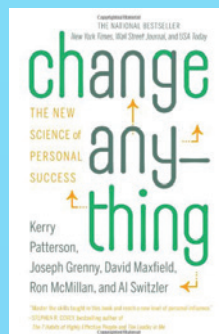
– Kerry Patterson

*“Everything is hard before it is easy”*

–Goethe

*“If you truly want to change your world, you must first be willing to change your habits.”*

– Dion Ooi

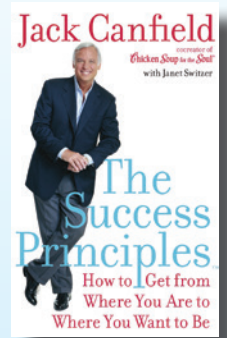




# LEARNING OBJECTIVES

After this program, the participants would be able to:

- Practice with an applicable, refreshing, and motivating way to look at habit change
- Apply knowledge and skills on all the habits that you have decided to change
- Expand your choices for responding to your habit change goals for the better
- Knowing the right way to think about your goal so that it motivates you to achieve it
- Understand the 10 keys to change your habits, change your world plus methods to help you anchor the desired success habits

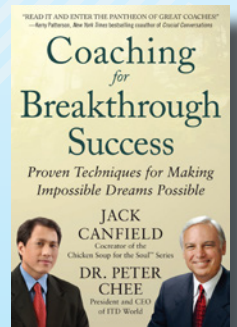


# WHO SHOULD ATTEND

People who want to learn the keys to success habits and change their lives for the better

# ACTION LEARNING PROJECT

The Habits Change Project



# ACCOUNTABILITY COACHING

Activating of three-month peer coaching to follow up and enable results from application of learning and action learning projects.

# ITD MEGA GURU COLLABORATORS AND THOUGHT LEADERS:

Anthony Robbins, Charles Duhigg, Dr BJ Fogg, Jack Canfield, Dr Peter Chee, Brian Tracy, Martin Grunburg, Dr Joe Dispenza, MJ Ryan, Dion Ooi, Stephen Covey and Kerry Patterson.

*“You sow thoughts, you reap actions. You sow actions, you reap habits. You sow habits, you reap character. Your sow character, you reap destiny.”*  
- Ralph Waldo Emerson

*“To maintain old habits require little effort but to inculcate new habits require support structures and persistency.”*

-Jack Canfield and Peter Chee



# COURSE CONTENT

## 10 Steps to Change Your HABITS, Change Your World

### 1. Purpose - Decide What HABITS?

- Introduction to Change Your HABITS, Change Your World
- The 10 keys to Change Your HABITS, Change Your World
- What Habits? 1st you need to decide...
  - Ready to make a difference?

### 2. Establish - START First

- Focus
- What are your compelling reasons?
- Being ProActive versus ReActive
- Be-Do-Have Principle
- Perfect Practice
  - How to START First?
  - R.I.S.K.S. Tool in habit change

### 3. Results - The BIG Picture

- The Success Habits Process
- Success Habits
- Failure / Undesired Habits
- Our Blueprint; the mind programming
- Perfect Practice
  - Applying the BIG Picture and enhancing the mental programming

### 4. First Things - Effective Prioritization

- The Current Reality – “As-Is”
- Daily Deliberate Actions / Disciplines (Must Do’s – first things first)
- New Success Habits Replacing Old
- Elimination of Unwanted Habits
- Perfect Practice
  - The Success Habits Motivator to sustainability

### 5. Oneness - Everyone WINS

- Environment and Support Structure (Synergize and WIN-WIN)
- Friends, Peers, Influencers
- Strategies and Tips on Success Habits Technology
- Inspire yourself and others
- Perfect Practice
  - Abundance mentality – giving to get more

### 6. Rapport - Empathy & Compassion

- Listen first and understand
- Interpersonal communication
- Putting yourself in other’s perspective
- Perfect Practice
  - Empathizing others and being compassionate

# P E R F O R M E R S

*“Ninety nine percent of all failures come from people who have a habit of making excuses.”*

- George Washington Carver

*“The greatest discovery of all time is that a person can change by merely changing his attitude and habit.”*



## 7. Merging Creatively - Creative Cooperation

- Coaching – Action Steps and Follow up (Continuous Improvement)
- Accountability Partner
- The Carrot, Stick and Heart Approach
- Perfect Practice
- Any other better ideas to innovate?

## 8. Enhancement - Continuous & Never Ending Improvements

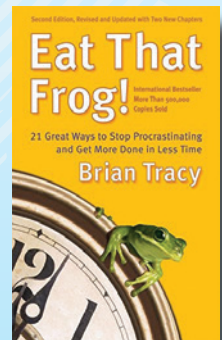
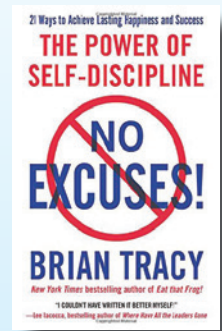
- What if... the undesired habit that could get worse
- Perseverance and learning
- Growth & Sustainability;
  - Affirmation, Vision Board & Visualization (sharpen the axe)
- Re-charge, Renew and Rejuvenate
  - Handling Stress and Worry
- Perfect Practice
  - Mind over matter and your physiology

## 9. Reignite - Find Your Voice & Inspire Others

- It starts with you
- Be the change leader and initiate
- Perfect Practice makes perfect – putting it all together
- Change your Habits, Change your World

## 10. Success Score - The Outcome & Transformation

- Assessment, Action Planning, Achievement And Celebration

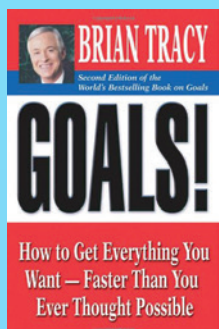


*“Your net worth to the world is determined by what remains after your bad habits are subtracted from your good ones.”*

– Benjamin Franklin

*“The habits of success are often the hardest to keep, but once you have them, you won't ever want to let it go.”*

– Anthony Robbins



*“Successful people are simply those with successful habits.”*

– Brian Tracy



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**Mission**

Transforming leaders and changing the world for the better.

**Vision**

The #1 global leadership development expert.

**Core Values (LISTEN):**

**Love, Innovation, Synergy, Trust, Excellence and Nurture**



**Competitive Advantage Statement:**

ITD World is an ISO certified & award winning Multinational Corporation that provides the world's best leadership development solutions to leading global organizations. We offer comprehensive & innovative solutions that produce superior results.

**Core Activities & Resources:**

Talent and Leadership Development; Corporate Training and Consulting; Professional Competency Certification; Mega Events and Seminars; Coaches, Mentors and Speakers Bureau; Community Services and Campaigns. Over 238 world-class programs and more than 100 dedicated mega gurus, top international resource persons, trainers, speakers, coaches and consultants from around the world.

**Exclusive Mega Gurus:**

Dr. John C. Maxwell, Dr. William Rothwell, Dr. Jack Canfield, Dr. Peter Chee, Brian Tracy, Robert Tucker, Thomas G. Crane.

**Quality Certification, Awards & Publications:**

Winner of the **ARTDO International HRD Excellence Award** in recognition for outstanding contribution to international Human Resource Development and bestowed the Brand Laureate International Award for the Best Brand in Training. Cutting edge books co-authored with the world's Top Mega Gurus - "Coaching for Breakthrough Success", "12 Disciplines of Leadership Excellence" and "Becoming an Effective Mentoring Leader."

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