

Advanced Behaviour Change



Workshop overview

In the COVID-19 pandemic we demonstrated it is possible to get people to act quickly. A vast coordination effort was applied in response to a virus aiming to protect our populations most vulnerable. If we could act so quickly for COVID-19 why then are we not seeing swifter action in response to other complex issues like climate change, obesity, smoking, mental health and many more?

Empowering people requires a focus on delivering the support people need to change. There is no point encouraging an individual to change if they don't have the ability or opportunity to act. To deliver lasting changes in people's health and wellbeing and our environment we have to be able to understand the bigger picture and we need to be prepared to challenge the current system.

People and the places in which they live, work and play are keys to delivering solutions and, in this one-day workshop, you will learn tools and techniques you can apply to create lasting solutions supported by communities and other stakeholders. To deliver change, you need to offer something of value at the right place and time—and be confident that support is present to allow people to step forward and make changes in their world.

What is included in workshop?

- How CBE is applied to understand systems
- Techniques to identify the factors enabling and inhibiting change
- Tools to apply to identify structural and system barriers

Why attend this workshop?

By the end of this workshop, you'll be able to:

- Examine social and built environment barriers
- Understand approaches you can apply to identify factors enabling and inhibiting individuals from changing
- Adopt a system approach to behaviour change

Meet your facilitator - A/Prof Julia Carins

Julia has extensive research experience within academia and government supporting behavioural and structural change to influence behaviour for individual and societal benefit.

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