

**IF YOU LIKE THIS EVENT,  
YOU MIGHT BE INTERESTED IN...**



If we want to disrupt the status quo, what kind of leadership is called for? What are our scripts, beliefs, and fears? Join us for a brown bag lunch and conversation. Stay or join us for a post-lunch reflective walk, where we'll contemplate when it is time to let go of old practices to make room for new ones. For leaders at all levels.

Wed, June 21, 2017  
LUNCH / 12:30-2pm  
WALK / 2pm-3:30pm  
by: Jennifer Charlesworth

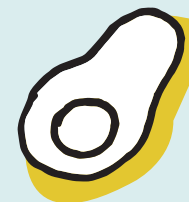
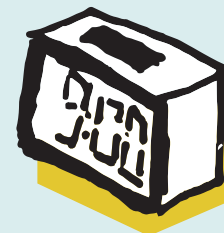


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# LEARNING BILL

June 21, 2017



**BEHAVIOR  
CHANGE  
BREAKFAST  
CLUB**



Data

Design

Humanities & Social science

Social Service Practice

Leadership

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# BEHAVIOR CHANGE BREAKFAST CLUB

How do we enable people to shift what they think, say, feel, and do? Learn about and apply some of our favorite behaviour change theories to real life scenarios. These are theories like the Bioecological Model, Stages of Change, and the Behaviour Change Wheel.

## LEARNING SESSION GOALS

1. Reflect on the factors that shape what people do, say, think, and feel
2. Understand 3 different behaviour change theories and models
3. Apply mechanisms of change

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## CAST



**dr Sarah  
Schulman**

Sociologist and  
InWithForward's  
social impact lead.

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## SCENES

Scene I: Influencing factors  
Scene II: Change for whom?  
Scene III: 3 Theories  
Scene IV: 7 Mechanisms

## KEY CONCEPTS, FRAMEWORKS, DEFINITIONS

**Behaviour:** What people and systems do, say, think, and feel

**Self efficacy:** An individual's sense of competence and control to perform desired behaviours.

**Mechanisms:** Interactions that prompt change for people

**Attitudes:** An individual's evaluation or beliefs about a behaviour

**Intentions:** An individual's plans to carry out a behaviour

## FURTHER FOOD FOR THOUGHT

### *ABC of Behaviour Change Theories*

*An Essential Resource for Researchers, Policy Makers, and Practitioners*

By Susan Michie, Robert West, Rona Campbell, Jamie Brown and Heather Gainforth Bronfenbrenner, U. (1979).

*The ecology of human development: Experiments*

by nature and design. Cambridge, MA: Harvard University Press

## SOUNDTRACK

*Change* - Tracy Chapman