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COURSE BROCHURE

Workplace Behaviour Analysis and Habit Change Training Course

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Singapore

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Registered in the United Kingdom and Saudi Arabia

Workplace Behaviour Analysis and Habit Change Training Course

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Workplace Behaviour Analysis and Habit Change is a 1-week training course for team leaders and professionals and it produces a Team Behaviour Map and Habit Change Plan. Hybrid schedules, cross-functional projects and faster decision cycles expose friction between working styles that once went unnoticed, so organisations now need people who can observe behaviour precisely and reshape routines deliberately. Workplace Behaviour Analysis and Habit Change is taught by Jupiter Prime Training.

Why Workplace Behaviour Analysis and Habit Change Matters Now

Three forces shape the subject today. Distributed teams rely on written and remote exchanges, where differences in pace, directness and detail are easily misread. Project-based structures bring together colleagues with contrasting preferences who must agree quickly. Handled well, behaviour yields smoother hand-offs and habits that hold; handled badly, it brings recurring conflict and initiatives that fade. The course rests on behaviour preference models, the cue-routine-reward habit loop and the antecedent-behaviour-consequence ABC model of observation.

Who Gains Most from Workplace Behaviour Analysis and Habit Change

- Team leaders responsible for meeting rhythms, hand-offs and the daily routines of a small group
- Project coordinators who align colleagues with contrasting working preferences on shared deadlines
- Specialists who influence peers without formal authority over their priorities
- Supervisors in operations and service functions who reinforce safe and consistent routines
- Internal partners in people functions who support line managers through changes in ways of working

Intact teams gain most when several members attend together and map their own patterns.

Workplace Behaviour Analysis and Habit Change Capabilities

Participants move from noticing behaviour to redesigning the cues and rewards that keep routines in place.

- Assess colleagues' behavioural preferences from observable signals — staffing and pairing decisions
- Apply the ABC model to recurring friction points — conversations with team members
- Adapt message structure, pace and channel to each preference — project sponsors and peers
- Select an influencing style that fits the listener and the request — cross-functional agreements

- Design habit loops with clear cues and rewards — routine changes owned by the team
- Build a team behaviour map that shows strengths and gaps — the line manager's next priorities

Key Workplace Behaviour Analysis and Habit Change Terms

- Behavioural preference — a person's habitual leaning in pace, focus and decision style, inferred from repeated observable actions rather than personality labels.
- ABC model — a method that records the antecedent, the behaviour and the consequence to explain why an action keeps recurring.
- Habit loop — the cycle of cue, routine and reward that makes a behaviour automatic over time.
- Style flexing — deliberately adjusting tone, pace, detail and channel to match how a colleague prefers to receive information.
- Influencing style — a repeatable approach to gaining agreement, such as reasoning, consulting, inspiring or bargaining.
- Team behaviour map — a visual summary of each member's preferences and the routines where they meet or clash.

Workplace Behaviour Analysis and Habit Change Day by Day

Day 1: Observing Behaviour at Work

- Observable Behaviour Versus Inferred Intent — Avoiding Labels in Feedback
- Behaviour Preference Models Compared — Choosing a Shared Team Language
- Pace and Focus Dimensions — Reading Task and People Orientation
- Self-Assessment of Working Preferences — Recognising Personal Blind Spots
- Behaviour Observation Log — Capturing Patterns Across Meetings

Day 2: Explaining Recurring Patterns

- ABC Model of Antecedent, Behaviour and Consequence — Diagnosing Friction
- Environmental Cues and Workspace Design — Shaping Default Actions
- Reinforcement and Unintended Rewards — Why Unwanted Routines Persist
- Preference Clashes in Hand-Offs — Locating Delay Points
- Pattern Summary Sheet — Prioritising Which Behaviour to Address

Day 3: Adapting Communication and Influence

- Style Flexing for Tone, Pace and Detail — Tailoring Each Message
- Channel Choice for Remote and Hybrid Exchanges — Reducing Misreadings
- Influencing Styles Matrix — Matching Approach to Listener and Request
- Framing Requests Around Peer Priorities — Gaining Agreement Without Authority
- Difficult Conversation Scripts — Addressing Behaviour Without Blame

Day 4: Designing Habit Change

- Cue, Routine and Reward Loop — Redesigning a Team Routine
- Implementation Intentions and Trigger Planning — Making New Actions Automatic
- Friction Reduction and Choice Architecture — Easing the Desired Behaviour
- Habit Tracking and Streak Measures — Judging Whether Change Holds
- Relapse Patterns and Recovery Prompts — Sustaining Routines Under Pressure

Day 5: Practising the Team Behaviour Map and Habit Change Plan

- Observation Log Review From Day One — Confirming Team Preferences
- Applying the ABC Diagnosis to a Live Case — Selecting the Target Routine
- Rehearsing Adapted Influence Conversations — Securing Team Buy-In
- Habit Loop Redesign Peer Critique — Testing Cues and Rewards
- Team Behaviour Map and Habit Change Plan — Agreeing Owners and Checkpoints

Applying Workplace Behaviour Analysis and Habit Change After the Course

- Run a two-week behaviour observation log on one recurring team meeting and apply the ABC model to its most frequent friction point.
- Redesign one shared routine, such as a hospital shift hand-over or a weekly sales call, using a cue-routine-reward loop and track it for four weeks.

Workplace Behaviour Analysis and Habit Change Questions FAQ

What is workplace behaviour analysis and habit change, and why does it matter now?

It is the practice of observing how colleagues actually work and reshaping the routines around them. It matters now because hybrid schedules and project teams magnify small style differences, and lasting improvement depends on changing habits.

Which roles gain most from workplace behaviour analysis and habit change?

Team leaders, project coordinators, supervisors and specialists who influence peers gain most. Each shapes daily routines that others follow.

How does workplace behaviour analysis and habit change differ from a general communication skills course?

It goes beyond speaking and listening techniques. You learn to record behaviour systematically, explain why it repeats with the ABC model, and redesign cues and rewards so new routines last.

What do you bring back from workplace behaviour analysis and habit change?

You bring back a mapped picture of your team's working preferences and a dated plan for changing one shared routine.

Workplace Behaviour Analysis and Habit Change: The Way Forward

The Team Behaviour Map and Habit Change Plan gives a line manager a shared picture of how the team works and which routine to change first. Team members and sponsors use it to agree owners. After its first use, the perspective worth revisiting is whether the chosen rewards still reinforce the new routine once early attention fades.