

HABITS SCIENCE Accountability

BEHAVIOUR
CHANGEBret Treasure ■ author of *Staking: The new brain hack*

WHAT PEOPLE SAY

“A brilliant presentation. Fun, informative and thought-provoking. Using brain hacks to reach our goals? Why has no-one talked about this before?”

LORRAINE HORSLEY · CITY OF MELVILLE

“In 45mins Bret totally educated me on motivation. Easily digestible, thought provoking and inspiring.”

MARTY LEIST · AUSTRALIAN MENS SHED ASSOCIATION

“His explanation of the science and real-life examples meant it was engaging and pertinent to anyone who has tried to develop new habits.”

DAVID BEARD · EXERCISE AND SPORTS
SCIENCE ASSOCIATION

“Informative, interesting and at times eye opening. Presents the hard stats and facts to back up his brain training hack. There were comments, questions and laughs. Definitely recommend.”

TEGAN HORT · CITY OF CANNING

This talk changes behaviour.

The keynote: what behaviour science now knows about habit formation. The workshop: attendees take on a behaviour change. The accountability module: a lived experience of repeated success.

goals, actions
&
reporting.

↳ THE NUMBERS

94% call it entertaining. 99% say ‘learned something new’.