

ROUTINES TO MAKE IT STICK

WORKSHOP

Anchoring New Traits in Lifestyle & Company Culture

- Consistent Practices
- Habit Formation
- Routine Alignment



ANCHORING CHANGE

In a world of fleeting trends, how often do we struggle to turn resolutions into lasting habits? Many attend insightful workshops but leave without a clear plan to implement that knowledge. The key is creating meaningful changes that stick.

Understanding brain function and neuroplasticity is essential. By learning about the habit loop, cues, routines, rewards and cravings, we can establish routines that boost willpower and motivation. This workshop will equip you to implement new routines and substitute existing ones for lasting change.

TOPIC 1:

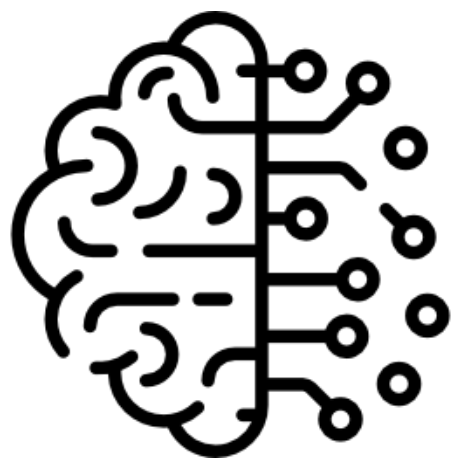
BRAIN FUNCTION BASICS



*Understand
Mechanisms*

TOPIC 2:

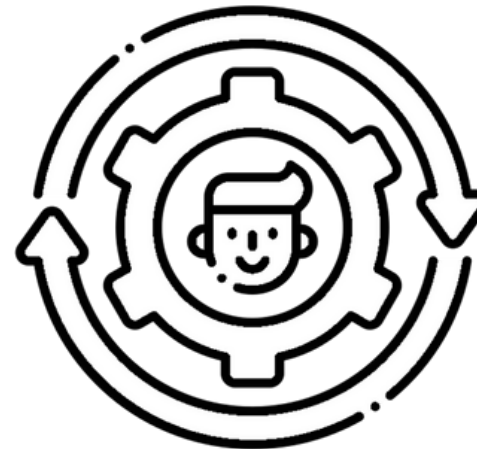
NEUROPLASTICITY



*Rewire
Habits*

TOPIC 3:

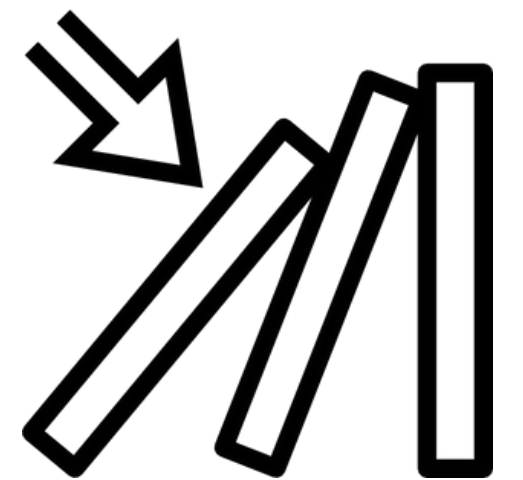
HABIT LOOP



*Identify
Patterns*

TOPIC 4:

CUES, ROUTINES, REWARDS, CRAVINGS



*Leverage
Signals*

TOPIC 5:

WILLPOWER



Build Discipline

TOPIC 6:

MOTIVATION



Ignite Drive

TOPIC 7:

ROUTINE IMPLEMENTATION



Embed Actions

TOPIC 8:

ROUTINE SUBSTITUTION



Replace Habits

Join us for the two-day workshop, Routines to Make It Stick, where you'll turn knowledge into actionable habits. We'll explore the neuroscience of behavior change and practical strategies for establishing new routines while substituting unwanted ones.

Through interactive discussions and hands-on activities, you'll create routines that align with your personal and professional goals. Empower yourself to achieve lasting change.



Business Relevance

- Content is rooted in **research, studies** and **expert advice**, combined with my experience as factory manager & head of operational excellence & training.
- All tools are tested and validated in **real-world business** environments, ensuring practical, high-impact results.
- This approach directly tackles business challenges with **proven solutions**, delivering significant ROI.



Inspiration & Neuroscience

- All content is grounded in **real-life stories and experiences**, ensuring authenticity.
- Incorporates **neuroscientific principles** to engage and inspire, appealing to both hearts and minds.
- Designed to drive meaningful action by combining **emotional connection** with **logical clarity**.



Effective Anchoring

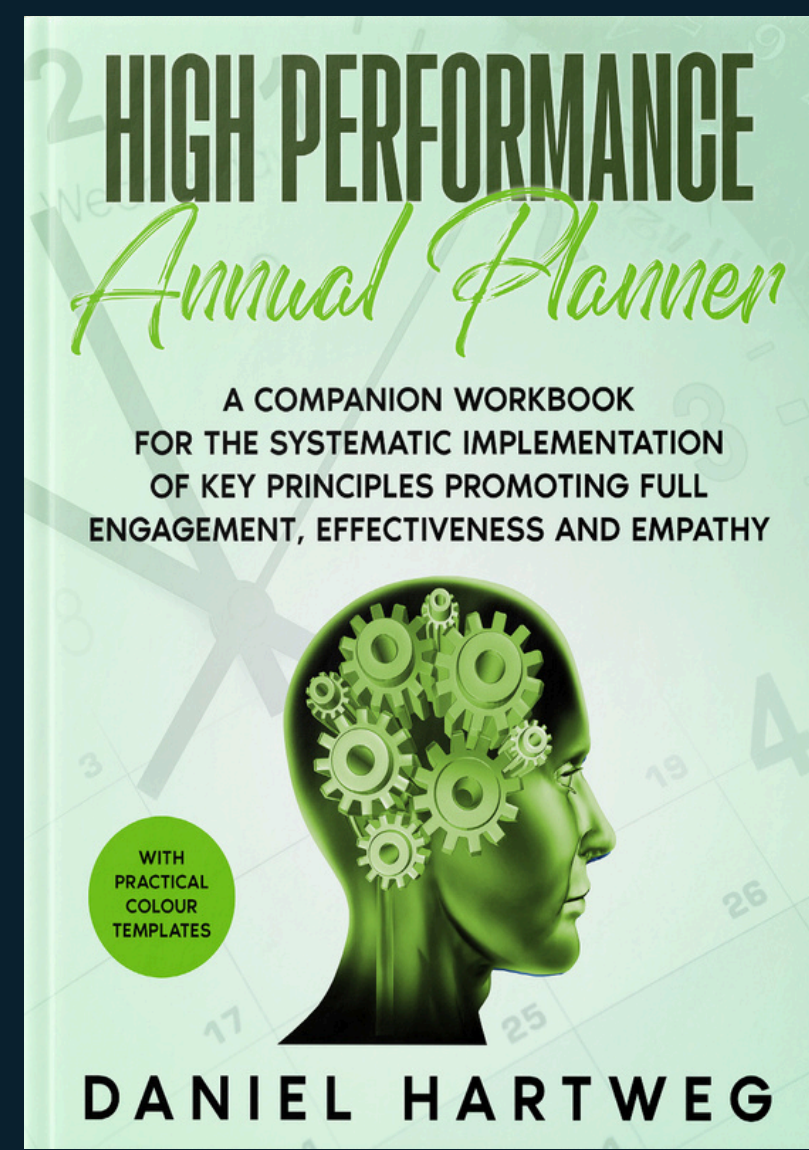
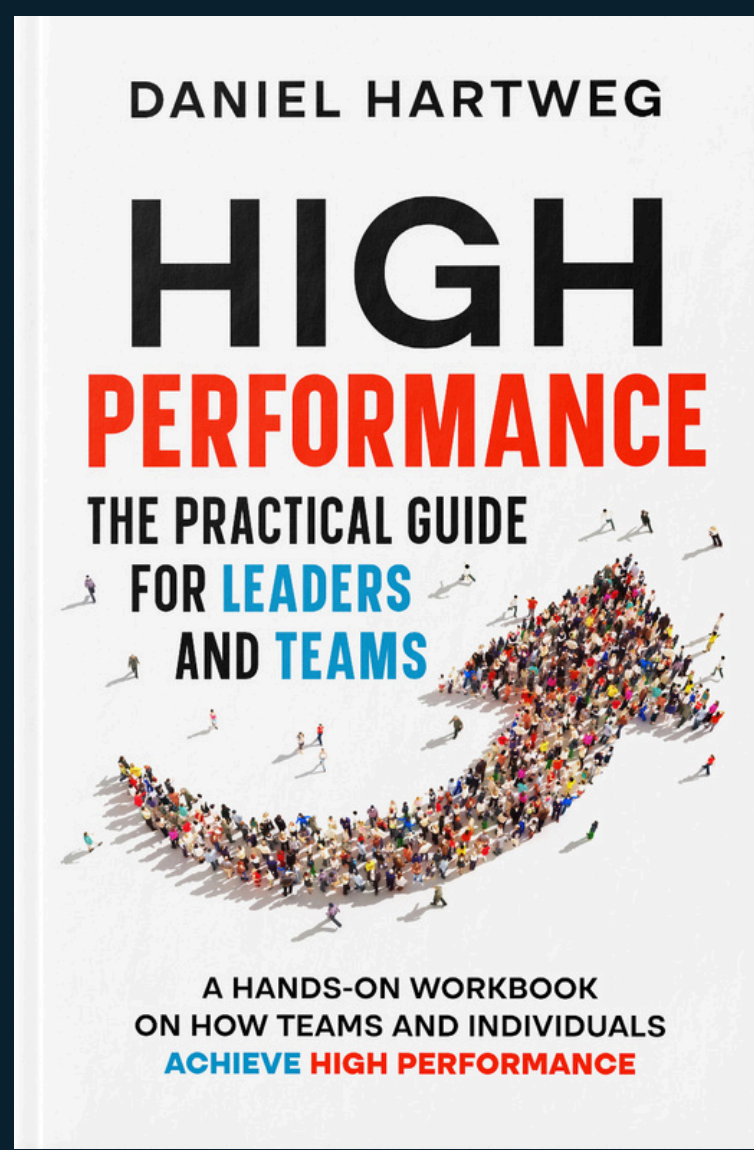
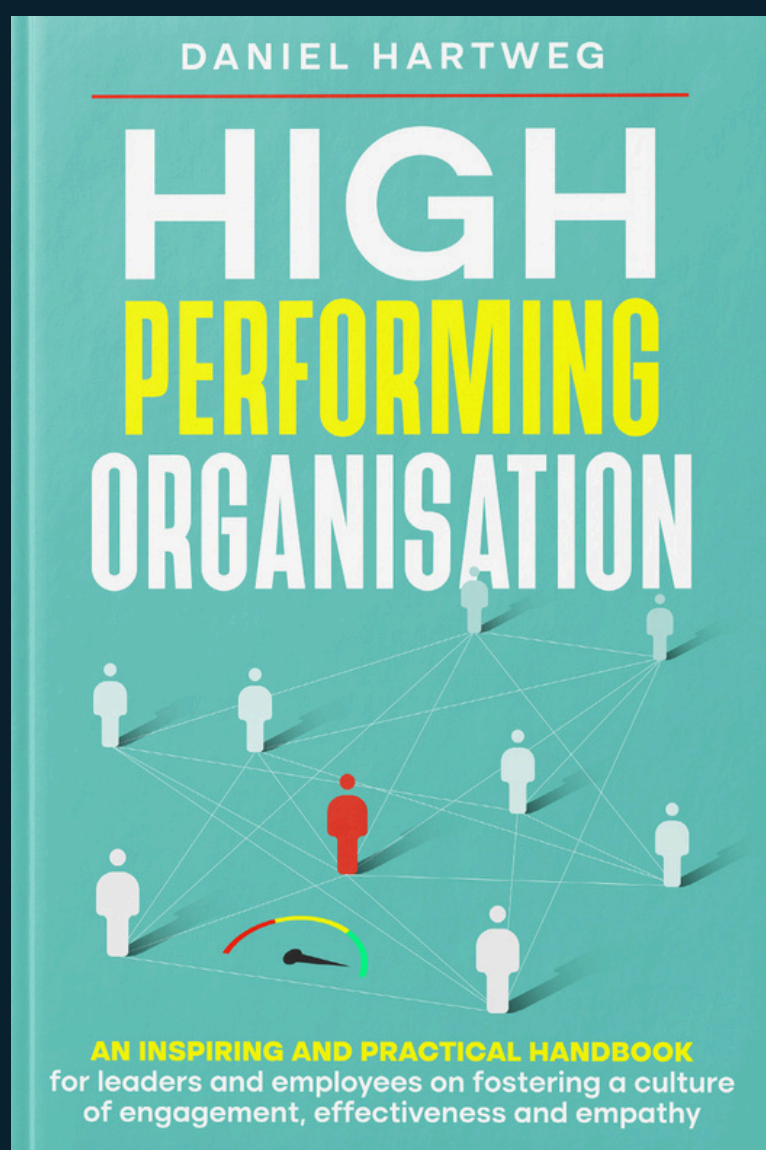
- **Follow-up programs** embed learning into routines and processes.
- Neuroscientific techniques ensure **long-term retention** and **practical application**.
- **Simple, business-relevant tools** are immediately applicable for solving common issues.

TAKEAWAYS

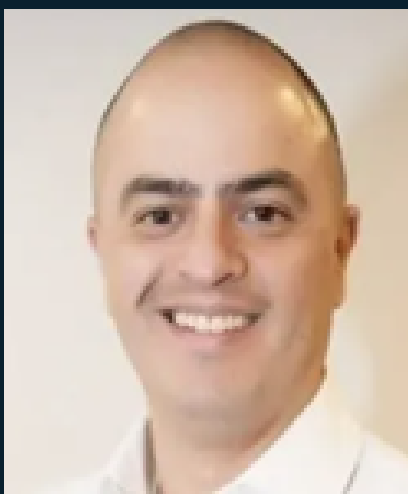
By the end of this workshop, participants will have:

- *Sustainable Implementation*: A methodology for effectively integrating key topics into daily life for lasting impact.
- *Habit Substitution*: Techniques for replacing bad habits with positive, desired behaviors.
- *Habit and Routine Concepts*: An understanding of the principles behind habits and routines that drive behavior change.
- *Willpower Enhancement*: Strategies to boost willpower and motivation.
- *Drafted Routines*: A framework for developing routines that support personal and professional goals and desired behaviors.

HANDBOOKS



TESTIMONIALS



AUGUSTO R.

*Head of Supply Chain
Germany*

"I've attended to 4 workshops, and I want more...The workshops are very inspirational, practical, participative and funny. I always left the workshops with a clear mind on how to apply the content on a day-to-day basis. Besides, it amplifies the way you see things and people, as well as it helps to get to know yourself."



LAURA W.

*Sourcing
Manager*

"The workshop was definitely one of the most inspiring trainings, I have attended so far. My highlights: Get inspired from new mindsets and to get to know new tools and ways of working, which can be applied directly to handle today's challenges and improve your own performance and collaborations."



CHRISTIAN S.

*Operational Excellence
Manager*

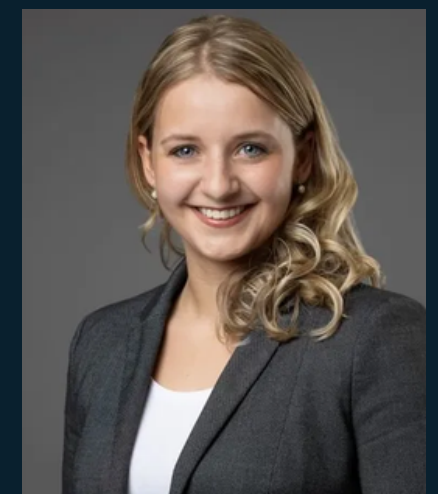
"The workshop was very energizing and interactive. It provided both, theoretical background as well as hands-on methods to put theory into practice. It really helped our journey of cultural change."



ASTRID S.

*Packaging
Manager*

"For me, the workshop was inspiring, entertaining and promoted team spirit. The principles were made tangible in a playful way using practical examples. I actively apply the principles in my everyday life and am always surprised how well they work."



SARA K.

*Team
Lead*

"I am grateful that I was able to participate in Daniel's Workshop. With the valuable knowledge gained and a practical method case in my hands, I feel very well equipped to master challenges and achieve successes together with my team. I would highly recommend the workshop to individuals and organizations seeking development for their future!"

TRAINER



My Purpose

“To inspire people to unlock their potential, so that they spread engagement, empathy and effectiveness.”



Daniel Hartweg



Education

Diploma degree of Industrial Engineering & Management
(Karlsruhe Institute of Technology)



Work

Author, Trainer, Founder & Managing Director
(The Mindset Challenger)
Head of Operational Excellence & Training (Lonza)
Site Director (Grünenthal)
Factory Manager (Coca-Cola)
Production Manager (Nestlé)
Market Focused Improvement Pillarleader –
Operational Excellence (Nestlé)
Industrial Performance Specialist (Nestlé)



Certifications

Master Black Belt – Lean Six Sigma
Black Belt – Design for Six Sigma
Total Performance Management Coordinator

FRAMEWORK

Duration: 2 days

Participants: 10-20

Trainer: Daniel Hartweg

Language: English, German

Sustainable application (optional): Weekly quiz question, cultural audit, coaching program

Fee: 5.500 CHF + Travel expenses



**THE MINDSET
CHALLENGER**

Daniel Hartweg

+41-(0)-79-6686983

themindsetchallenger@gmail.com

www.themindsetchallenger.com