



Effective Behavior Change Webinar

Want to learn how to be consistent in adopting and/or maintaining healthy behaviors? Join the NIH Health & Wellness Council for a webinar on “Effective Behavior Change” on Monday, June 10 from 12:00p to 1:00p ET.

Session Goals

Explore the key factors that contribute to effective behavior change, habit formation and habit change as they relate to the adoption of healthy behaviors. Our panelists will share insights from clinical psychology, general health and wellness and personal experience. If you’ve already mastered effective behavior change, come share your best practices.

Panelists

- Alisa Turner Augustyn, PsyD, Clinical Psychologist, Employee Assistance Program (EAP) Consultant, OD
- Mallorie L. Gordon, PhD, Clinical Psychologist, Pediatric Oncology Branch (NCI)
- Alisha Sutton, NIH Well-Being Ambassador (FIC)
- Moderator: Dusty Hatfield, Human Capital Section Chief, Workforce and Resource Management Branch (NIMH)

Have a question about effective behavior change? Submit questions by June 2 to nihwellness@mail.nih.gov with the subject line: *Effective Behavior Change Webinar*.

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