



SECRETS TO SUSTAINING HABIT CHANGE *in recovery*

WEDNESDAY, MAY 19, 2021
10:30 AM - 3:30 PM EDT



FREE ZOOM
WORKSHOP



EMAIL
TCONYERS@RCNC.ORG



WHY THIS WORKSHOP?

We all want to make healthy change at different points in our lives, particularly when we've committed ourselves to the path of recovery. And despite our well-intentioned motivation, success can feel elusive. We can even feel flawed after repeated attempts.

But the neuroscience reveals that we are not inherently unable to make or break habits. In fact, there are science **proven strategies** that set us up for or prevent **success**.

TARGET AUDIENCE

This workshop is pivotal for any professionals who help guide individuals in making change and how to sustain that change in the long term. You will learn the exact strategies to counsel your clients in as well as the language and framing of advice that sets them up for more success.

THIS WORKSHOP IS FREE OF CHARGE THANKS TO OUR SPONSORS





Recovery Communities of North Carolina.
Promoting recovery from substance use disorder and
maintaining health, in the community and statewide.

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