



MT & ASSOCIATES
SIGN LANGUAGE PRACTICE

Create Your Calm: Atomic Habits

Presented by: Shelly Tisius, MICS-Master/5 and NIC

Join us for this Master Mind on how to transform your daily routines by using key insights from the book Atomic Habits. Achieve your goals faster with practical strategies tailored for everyday life.

How to Attend:

Instruction will be held virtually, and is self paced so you can learn when it works for you. Workshop will take approximately 4-6 weeks to complete. Sessions will be available starting January 13th, 2025 and run through January 12, 2026. Check out dates for available sessions on our website!

Learning Objectives:

This workshop will help you discover techniques to enhance the appeal of positive habits and make negative ones less tempting. You will learn how to design your space for success and be given the tools to identify cues in your environment that trigger habits.

Questions, Registration, & Cost:

Registration is open to the public. Purchase of the books featured will be required if not already owned. **For Additional Information or to Register:** www.mtapractice.com/workshops

- Interpreter Admission (.7 CEU Credits): \$150
- General Admission (No CEUs): \$150

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