

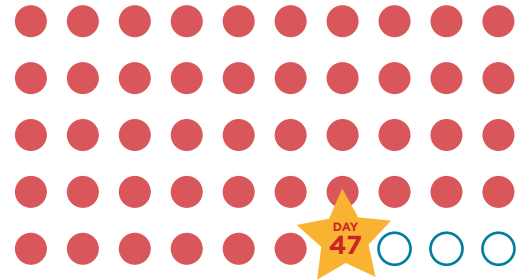
— IT TAKES A TEAM TO —

BUILD A PRACTICE

FOLLOW THESE 5 EASY STEPS!

**YOU ARE
WHAT
YOU DO**

Studies indicate
that it takes
47 DAYS
to permanently
change a behavior



It Takes a
VILLAGE

Staff members like being
part of a group focused
on a common goal.



Start
DOING!

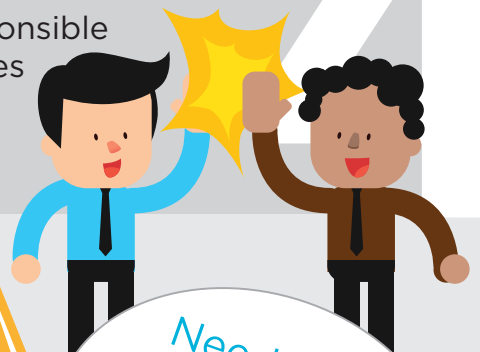
New behavior
comes from
doing, not
watching.



**JUST
GET
STARTED!**

**BE PART of
THE CHANGE!**

Employees responsible
for good changes
are happier and
work harder!



**USE Your
WORDS**

Engage your staff and
encourage participation!



Need Help?
Start with
SPEAR
Team Meeting
Pathways

*Sources:

- Kolluss, A, Agyeman, J. *Environmental Education Research*, 8, 239-260.
- Lally, P., Van Jaarsveld, C.H.M., Potts, H.W.W., Wardle, J. (2010). *European Journal of Social Psychology*, 40, 998-1009.