

Panel of Experts

# **Tiny Habits for Engaging Employees**

Presented by Tiny Habits® Academy

# Tiny Habits for Engaging Employees Experts



Host and Moderator  
Andrea Spyros



Kate Hand



Richard House



Judy Oskam



## You will:

- Learn the Tiny Habit Method
- Learn successful Tiny Habit recipes
- Feel more empowered
- Have access to more resources and support



## Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Kate Hand

Leadership Development  
Facilitator & Coach

Tiny Habits Certified Coach

## Kate's 3 Tiny Habit Recipes

1

**After I** start a meeting, **I will** say: The purpose of this meeting is to...

2

**After I** ask a question, **I will** look the other person in the eye.

3

**After I** start a conversation, **I will** put my phone screen down.



Richard House

Director of Global Culture  
Consultancy

Tiny Habits Certified Coach

## Richard's 3 Tiny Habit Recipes

1

**After I** open my laptop, **I will** message my team.

2

**After I** click the coffee machine on at work, **I will** ground myself for three breaths.

3

**After I** notice someone going below the line, **I will** begin the next sentence with the words, “Given that...”



## Judy Oskam

University Professor &  
Gallup Strengths Coach

Tiny Habits Certified Coach

## Judy's 3 Tiny Habit Recipes

1

**After I** announce a decision, **I will** explain my strategy to my team.

2

**After I** am asked to take on a new project, **I will** check my schedule before responding.

3

**After I** pick up my journal, **I will** write three wins from the day.



## Go to [TinyHabitsAcademy.com](https://TinyHabitsAcademy.com):

- Find a coach
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach