

Panel of Experts

Tiny Habits for Healthy Dads

Presented by Tiny Habits® Academy

Experts:

Tiny Habits for Healthy Dads



Host and Moderator
Andrea Spyros



Geoff Girvitz



Boris Koenig



Session Preview

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



You will:

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



Geoff Girvitz

Tiny Habits Certified Coach

Geoff's 3 Tiny Habit Recipes

1

After I notice I'm feeling grumpy, **I will** declare I'm taking a movement break.

2

After I notice and ache/pain, **I will** do a micro-workout.

3

After I notice I want to motivate or convince my child, **I will** ask myself: Is there a better way to coach this?



Boris Koenig

Tiny Habits Certified Coach

Boris's 3 Tiny Habit Recipes

1

After I start a task in my home office, **I will** put on my work cap.

2

After I tell my son he can watch videos, **I will** put out a bowl of fruit.

3

After I turn on the cold water in the shower, **I will** take 3 deep breaths.

Six Ways to Celebrate:

1

Physical Movements

4

Sound Effects

2

Verbal Statements

5

Visualizations

3

Songs

6

Purpose-Focused
Celebrations



Go to TinyHabitsAcademy.com:

- Find these coaches
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach
- Play these songs for kids