

DO YOU WANT TO DRIVE BEHAVIOUR CHANGE AND MEASURE IT?



How do you know how people are implementing the training and coaching that your company is providing? You probably don't!

Introducing the...

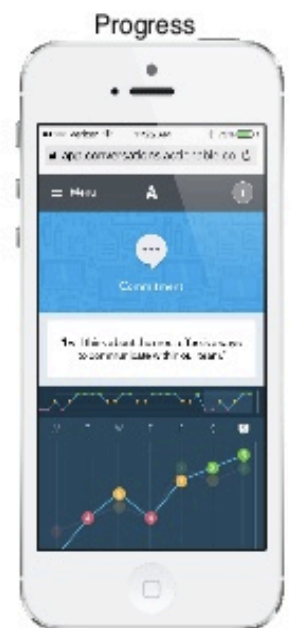
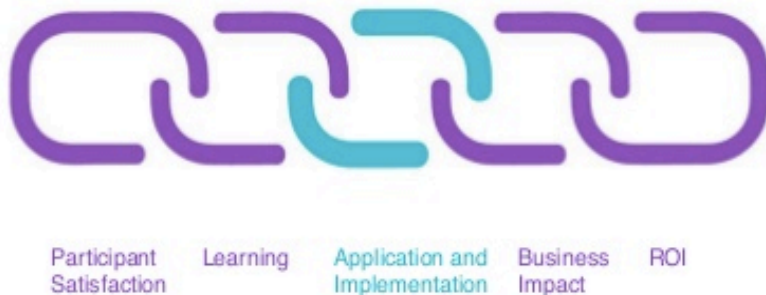
Instant Commitment Engine

A stand-alone measurement tool for the trainings you conduct or 1:1 coaching/mentoring sessions.

Did you know . . .

- Habits can be formed in as few as 4 days
- Writing down goals makes you 42% more likely to accomplish them
- Tracking behaviours can increase habit change success rates by 36%
- Weekly accountability raises success rate to 70% (from 35%)
- Being reminded of a goal “encodes” the idea into memory – which makes you 12% more likely to take action

Useful People Analytics



HOW MUCH DO PEOPLE ACTUALLY IMPLEMENT FROM A TRAINING DAY?

NOW YOU CAN FIND OUT AND PROVE THE EFFECTIVENESS OF YOUR PROGRAMS

After leading a training workshop the Commitment Engine tool encourages participants to rate their training or coaching experience, then stay engaged in their learning outside of the classroom or coaching conversation by committing to one new action or behaviour change for 30 days.

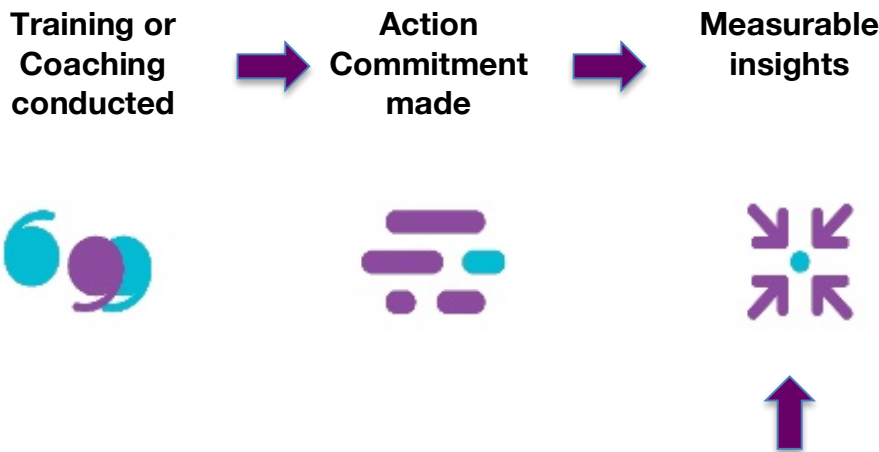
The Commitment Engine will help them stay accountable by providing regular check-ins at an interval of their choosing, via text or email, with an optional accountability buddy component and manager/coach feedback.

The leader and trainer will get a beautiful report that rolls up session feedback, measurements on what people are tracking and how it's going, as well as a closure reflection at the end of 30 days.

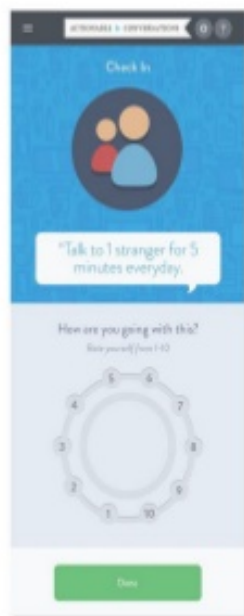
The Actionable Conversations Instant Commitment platform helps you discover five things:

1. Participant satisfaction
- 2. One commitment from the training they commit to implementing over the next 30 days**
3. How successfully they implement that behavioural commitment
4. The positive business impacts
5. Return on Investment

How the Instant Commitment Engine Works



The Check In



Daily Self Check In (Day 1- 29)

- Team member rates progress on their commitment on a daily basis at self nominated time.
- Time required – 2 seconds.



Contact Craig Farmer at
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