HOW TO CHANGE BEHAVIOR

NYSAIS

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Dr. Marcie

www.DrMarcie.com
ALL BEHAVIOR CAN CHANGE

What was the impact of yesterday?

What was your biggest take away?
PERSPECTIVE IS POWERFUL

5 Ways to Change Perspective

Dr. Marcie
LANGUAGE The words we speak
VISUALS

Items in our environment
IMAGINE YOUR DREAMS COMING TRUE... 

Play pretend to create reality
CELEBRATE EACH SMALL STEP

It's the only way to accomplish a big goal
COMMUNITY

Who do you surround yourself?
EXPERIENCES THAT CHALLENGE THE POSSIBILITY OF BEHAVIOR CHANGE
THE ABC OF BEHAVIOR
ANTECEDENT
BEHAVIOR
CONSEQUENCE
INTERACTIVE
Video of Fred Astor and Ginger Rogers Dancing
BEHAVIORS
STICK
AROUND
BECAUSE
THEY WORK!

What is reinforcing is different
for each individual person
LONGER YOU HAVE A BEHAVIOR, LONGER IT TAKE TO CHANGE

Don’t give up!
WHAT VARIABLES IMPACT BEHAVIOR?

Let’s list them...
FUNCTIONS OF BEHAVIOR

Its not about What we do, Its about Why we do it
FEELS
GOOD
ATTENTION
MEDICAL
ESCAPE
BEHAVIORS ONLY HAVE ONE FUNCTION

It can change over time
DETERMINE A
BETTER WAY

HOW ELSE CAN YOU
GET THAT NEED MET?
THREE WAYS TO CHANGE EVERY BEHAVIOR
SPEAK WITH PURPOSE...

Words we speak must match the experience we provide.
ACTIONS COUNT... 

Do more to make change real
BE POSITIVE

Its ALL in the perspective
SCENARIO 1
WHAT WOULD YOU DO?

Video of a classroom scenario
SCENARIO 2
WHAT WOULD YOU DO?

Video of a classroom scenario
SCENARIO 3
WHAT WOULD YOU DO?

Video of a classroom scenario
WHAT SCENARIO DO YOU WANT TO DISCUSS?
BEST TRAINING EVER!!!

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CONNECT WITH DR MARCIE

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You are **Braver** than you believe,
**Stronger** than you seem,
**Smarter** than you think
and **Loved** more than you know