



The Learning Loop Breakfast

15th October 2025, 9.15am – 10.30am,
Zoom event

Turning Promises into Progress
(and enhancing your ROI)



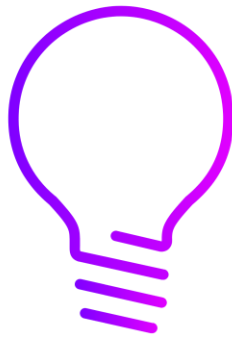
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A community of learning leaders, collaborating and building connections to deepen our shared practice and insight. Together we spark new thinking that adds value to our organisations and talent.



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Take a look at a few resources that are sparking our thinking on this topic...

Book: 'Atomic Habits', James Clear

Resource: Atomic Habits website

Book: 'Good Habits Bad Habits', Wendy Wood

Video: Hit peak performance with the power of habit, Wendy Wood

Video: How do elite performers automate their habits?, Wendy Wood

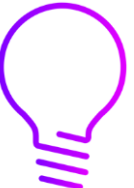
Article: What does it really take to build a new habit, Kristi DePaul HBR, February 2021

Podcast: HBR Podcast with Gretchen Rubin, "Set Habits you'll actually keep"

Article: Neuroscience of habits, Psychology Today

Article: New study challenges 'pop psychology' myths about habits, University of Surrey

Article: Commit to actions not beliefs, Tony Robbins

food for thought 



Below are a few questions to aid your reflections.

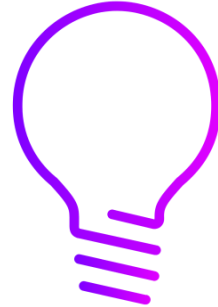
Think of some examples of when you have/ haven't successfully applied your learning or embedded new habits – why was this?

What helps people to commit to action?

What do you notice gets in the way of the application of learning?

Where do you observe the greatest success in moving promises to progress?

developing your thinking 



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