



## New MyODP Podcast: Takes More Than Willpower & Coaxing: Developing New Habits

Can you simply coax or convince people to change their habits and behaviors? Sure, but not when you are looking to create behaviors and habits that will stick around for the long run. We will talk about ways that we can support people to create new, healthy habits -- ones that become as automated as driving a car.



### How Do I Listen?

Visit us on the [MyODP Podcast page](#) to Listen!

The MyODP Podcast is now available on major Podcasting Platforms!  
Click on the links below and subscribe to get notified of recent episodes!



NOTICE: This confidential message/attachment contains information intended for a specific individual(s) and purpose. Any inappropriate use, distribution or copying is strictly prohibited. If received in error, notify the sender and immediately delete the message.