**Abstract Submission –30 minute**

**Title**

Making Change Happen

**Author and affiliations**

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**Background**

GPs ask people to change their lives all the time. From simple changes like starting a medication to huge changes like starting an exercise program or adjusting their diet. Often, we tell our people to change but do not know how to equip them with the tools to do so.

Will power is a myth, habits are powerful, and change is incremental and requires energy.

**Aims**

To be able to confidently support our patients in the changes they need to make.
To use proven methods to support change in our patients and our own lives.

**Method**

The references below will be summarised and presented in an interactive format.

**Results**

The attendees will feel empowered to change their own and their patients’ lives.

**Conclusion**

Habits are powerful and to make changes in ones’ life requires changing ones’ habits. Changing habits can be done by trending towards a goal and using psychological principles.

**References** (If applicable)

The Power of Habit – Charles Duhigg (<http://charlesduhigg.com/the-power-of-habit/>)

The Happiness Advantage – Shawn Achor (<http://goodthinkinc.com/resources/books/the-happiness-advantage/>)

The Willpower Instinct – Kelly McGonigal (<https://www.amazon.com/Willpower-Instinct-Self-Control-Works-Matters/dp/1583335080>)