Behaviour Modification Techniques Training Course

Professional Development Training Course Outline

Category	Veterinary and Animal Science	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Behaviour modification is a transformative approach designed to help individuals, teams, and organizations cultivate positive habits while reducing counterproductive behaviours. Rooted in psychological principles and evidence-based strategies, this training course empowers participants with practical tools to enhance performance, boost motivation, and foster personal and professional growth. By combining real-world applications, case studies, and interactive exercises, learners gain actionable insights that drive lasting behavioural change.

Behaviour Modification Techniques Training Course emphasizes self-awareness, emotional intelligence, and the strategic use of reinforcement techniques to modify behaviours effectively. Participants will explore cutting-edge methodologies, understand the science of habit formation, and develop the skills to implement structured interventions in diverse contexts. Through engaging modules and interactive sessions, learners will master techniques to influence behaviour ethically, promote positive workplace cultures, and achieve measurable outcomes.

Programme Curriculum

Behaviour Modification Techniques Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Understand the psychology of behaviour and habit formation
2. Identify triggers and patterns of negative behaviour
3. Apply positive reinforcement and reward strategies effectively
4. Utilize behaviour modification techniques for stress management
5. Implement cognitive-behavioural interventions in personal and professional settings
6. Develop self-discipline and emotional regulation skills
7. Enhance motivation and productivity through structured interventions
8. Learn ethical approaches to influence and change behaviour
9. Apply case studies to real-world behavioural challenges
10. Cultivate leadership and coaching skills for behavioural transformation
11. Integrate mindfulness and neuroplasticity principles in behaviour change
12. Use data-driven approaches to track and measure behavioural progress
13. Design personalized action plans for sustainable behaviour modification

Target Audience

1. HR professionals and organizational leaders
2. Corporate trainers and coaches
3. Managers and team leaders
4. Educators and school administrators
5. Psychologists and counsellors
6. Healthcare professionals
7. Students of psychology and behavioural sciences
8. Individuals seeking personal growth and self-improvement

Course Modules

Module 1: Fundamentals of Behaviour Modification

- Overview of behaviourism and psychological principles
- Classical and operant conditioning techniques
- Identifying behavioural triggers and patterns
- Case Study: Employee engagement improvement using reinforcement
- Behavioural mapping

Module 2: Positive Reinforcement & Reward Systems

- Designing effective reward systems
- Intrinsic vs extrinsic motivation
- Reinforcement schedules and their impact
- Case Study: Sales team performance enhancement
- Creating personalized reward charts

Module 3: Cognitive-Behavioural Techniques

- Cognitive restructuring for behaviour change
- Thought-behaviour-emotion connection
- Behavioural experiments and self-monitoring
- Case Study: Reducing workplace anxiety
- Cognitive-behavioural journaling

Module 4: Habit Formation & Breaking Negative Patterns

- Science of habit loops
- Techniques for breaking unwanted habits
- Creating sustainable positive routines
- Case Study: Lifestyle modification for wellness programs
- Habit stacking and tracking

Module 5: Emotional Intelligence & Self-Regulation

- Understanding and managing emotions
- Empathy and social skills for influence
- Techniques for impulse control
- Case Study: Conflict resolution in corporate teams
- Emotional response assessment

Module 6: Behaviour Modification in Leadership & Coaching

- Coaching techniques for behaviour change
- Influencing team behaviour ethically
- Leadership styles and their behavioural impact
- Case Study: Transformational leadership in a corporate setting
- Developing a behaviour-focused coaching plan

Module 7: Mindfulness & Neuroplasticity Applications

- Role of mindfulness in behaviour change
- Leveraging brain plasticity for new habits
- Stress reduction and focus enhancement techniques
- Case Study: Mindfulness programs increasing employee productivity
- Guided mindfulness sessions

Module 8: Monitoring, Evaluation & Action Planning

- Tracking behavioural outcomes with metrics
- Feedback loops and adjustment strategies
- Designing personalized action plans
- Case Study: Behaviour tracking in customer service improvement

- Behaviour modification roadmap creation

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

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