

# STAGES OF CHANGE

Understanding the 5 stages of change



In Elevate's ***Stages of Change*** seminar, participants will learn the 5 Stages of Change that describes the series of stages we go through to change our lifestyle habits and how to use this model in their personal and professional life. Learners will walk away with tools to use the model to help others develop a better lifestyle. This course is eligible for 3 CEU credit hours.

**Class Format**  
On-site/virtual

## CALL TODAY!

**Julie Burns**

(646) 416-6441

julie@elevate4success.com

**ELEVATE**



[www.elevateBDG.com](http://www.elevateBDG.com)

[www.elevate4success.com](http://www.elevate4success.com)

### 5 STAGES OF CHANGE

- Pre-Contemplation
- Contemplation
- Preparation
- Action
- Maintenance