

# MAP YOUR PROGRAM

Use this tool to map your compliance programme against the five stages of behaviour change and identify the tools for the job. We've made some tool suggestions to get your started.



STAGE	HOW WE ACHIEVE IT	TOOLS WE USE
<i><b>Pattern interrupt</b></i>		<i>For example: Notifications, courses, workspaces, performance activities</i>
<i><b>Commitments and consistency</b></i>		<i>For example: Performance activities, labels in courses, user profile, choice activity</i>
<i><b>Social stigma</b></i>		<i>For example: Workspaces, competencies, user profile, leaderboards, course forums, reporting</i>
<i><b>Repetition</b></i>		<i>For example: Notifications, certifications, workspaces, dashboards, check-ins</i>
<i><b>Avoiding pain, gaining pleasure</b></i>		<i>For example: Leaderboards, badges, certifications, diagnostic assessment, workspaces, performance activities, competencies</i>