



## Coffee Chat: Practice What We Preach: Building Your Learning Habit

### Transcript

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### Transcript Summary

<https://otter.ai/u/Lscxo0A77hyfE62f6vXeaE7d6tU?view=summary>

The meeting focused on building and maintaining learning habits. Carla discussed the challenge of rescheduling personal development activities. Jessica emphasized blocking time for self-care and sharing information. Shannon Tipton introduced using Asana to flag and manage emails. Leslie shared her 30-day behavior change program, using Outlook and Copilot, and rated her success a 9/10. Cheryl highlighted the importance of clarity and ease of starting new habits. The group also discussed the cost-effectiveness of habit-building tools and the importance of professional development, suggesting a weekly commitment of 2-2.5 hours. The session concluded with a casual discussion about the Winter Olympics.