



The Power of Atomic Habits

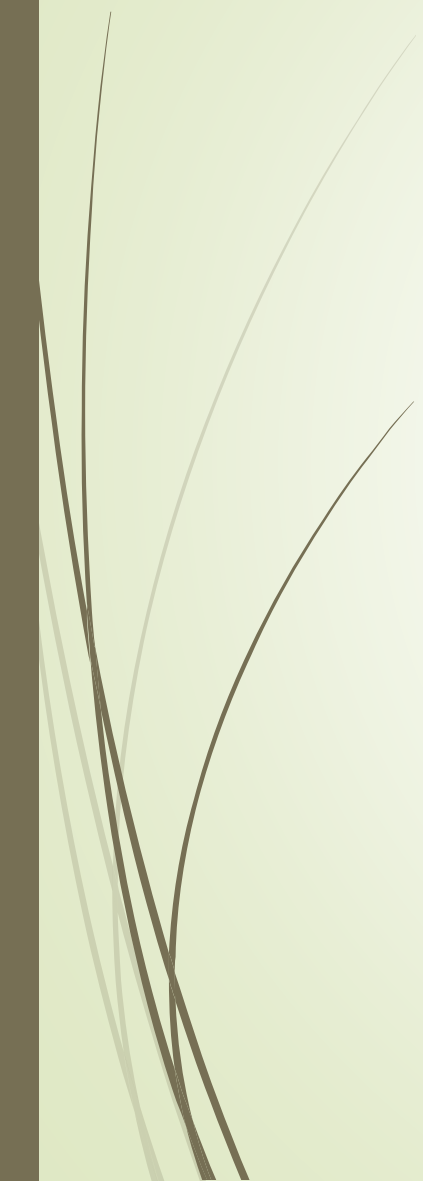
Petytrade Knowledge Sharing

Presented by: Olayinka Afolabi

Good morning everyone, and welcome!

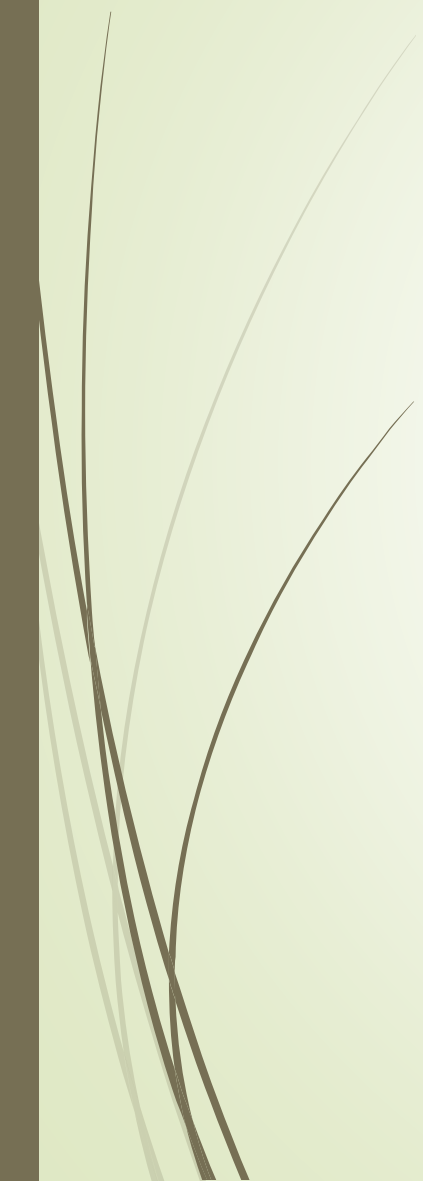


What is an Atom?

- An atom is the smallest unit of an element.
 - It retains the chemical properties of that element.
 - It is the basic building block of matter.
 - Emphasis on Smallest and basic
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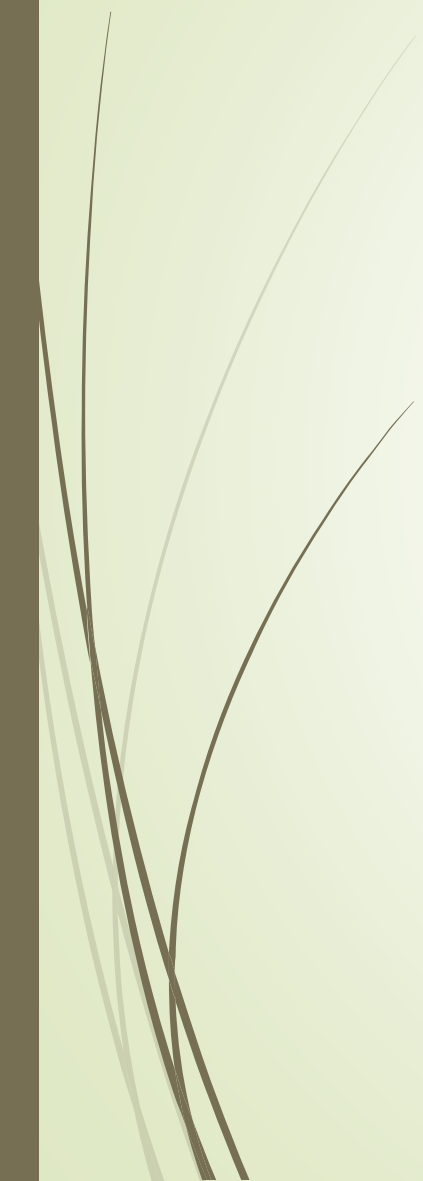


What is a Habit?

- A habit is a routine behavior or practice.
 - Performed regularly, often unconsciously.
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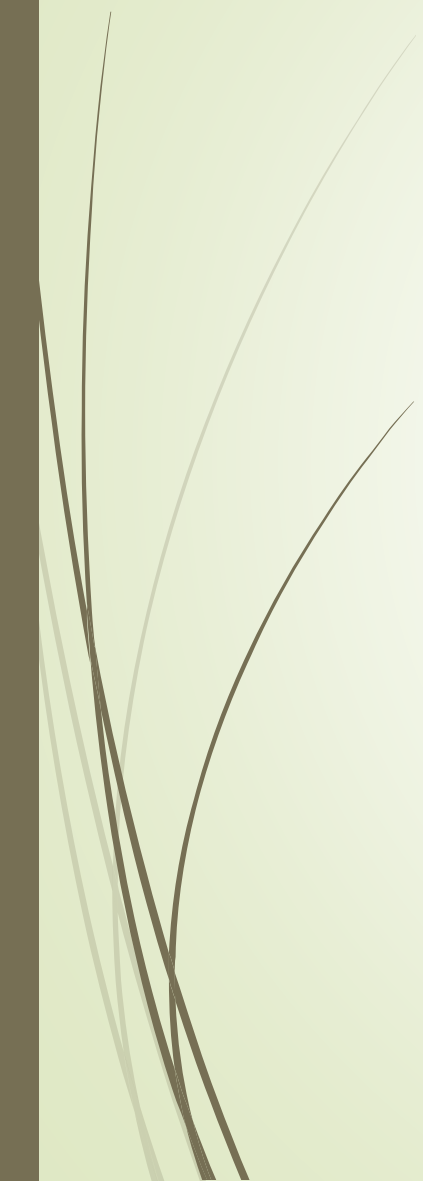


What are Atomic Habits?

- Tiny, consistent routines or practices.
 - Lead to long-term success.
 - They are:
 - Building blocks of progress
 - Tools that shape our identity
 - Daily actions that influence life
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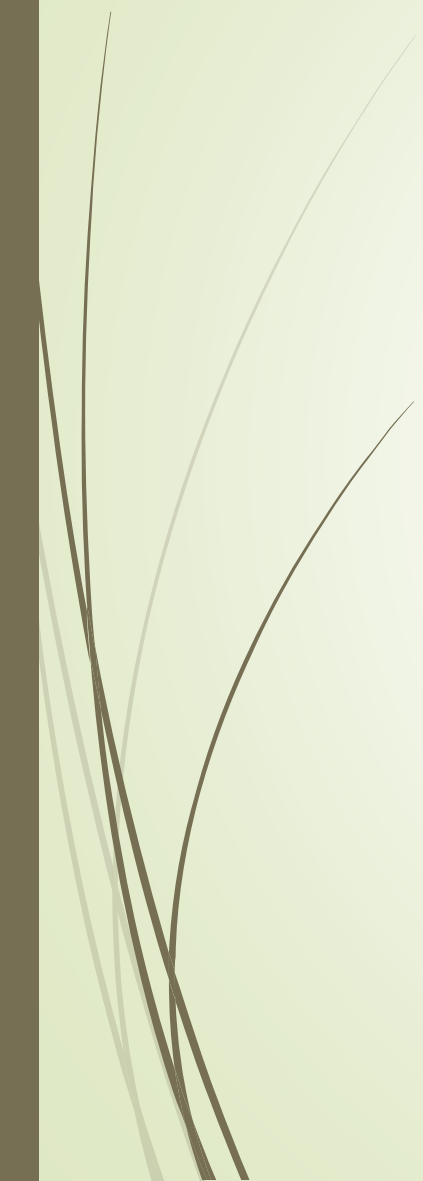


How Atomic Habits Help Us Grow

- Develop soft skills
 - Achieve personal and professional goals
 - Build a strong, positive identity
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The 3 Layers of Habit Formation

- 1. Identity – Who we believe we are
 - 2. Processes – The systems and habits we follow
 - 3. Outcomes – The results we get
 - Focus on identity to build lasting habits.
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Soft Skills from Atomic Habits

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- 1. Communication
 - 2. Teamwork & Collaboration
 - 3. Adaptability
 - 4. Problem-Solving
 - 5. Time Management
 - 6. Emotional Intelligence (EQ)
 - 7. Leadership
 - 8. Political Awareness
 - 9. Common Sense Application



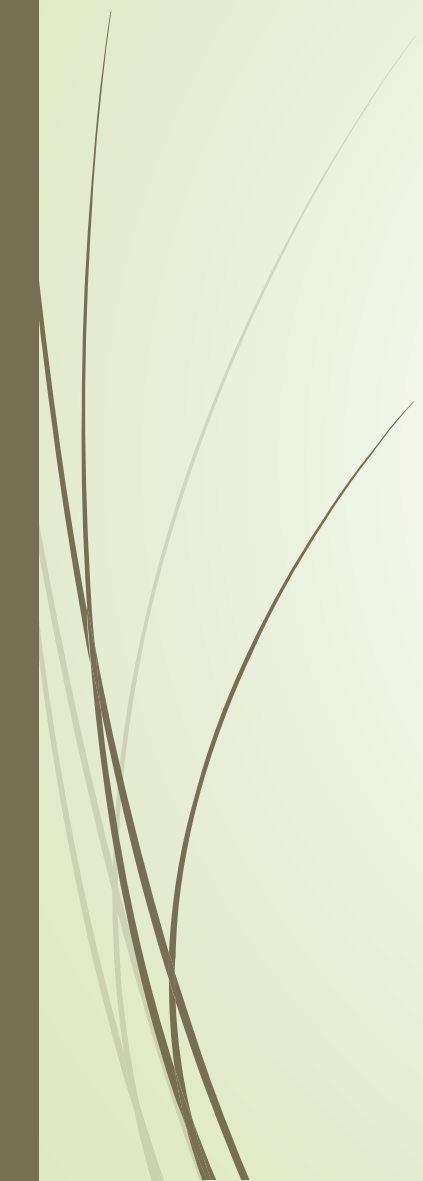
Communication



- Clearly express ideas
- Actively listen
- Use all forms of communication
- Be slow to speak, quick to hear



Teamwork & Collaboration


- Work effectively with others
 - Respect diverse opinions
 - Together, we achieve more
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Adaptability



- Embrace change
- Handle uncertainty
- Learn quickly



Problem-Solving

- Think critically
 - Find and apply effective solutions
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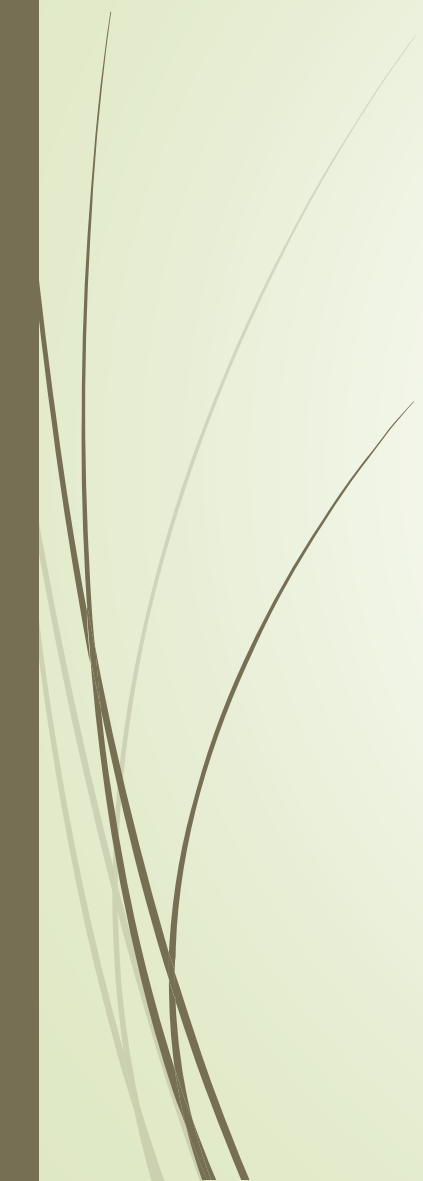
Time Management



- Prioritize well
- Meet deadlines
- Avoid procrastination

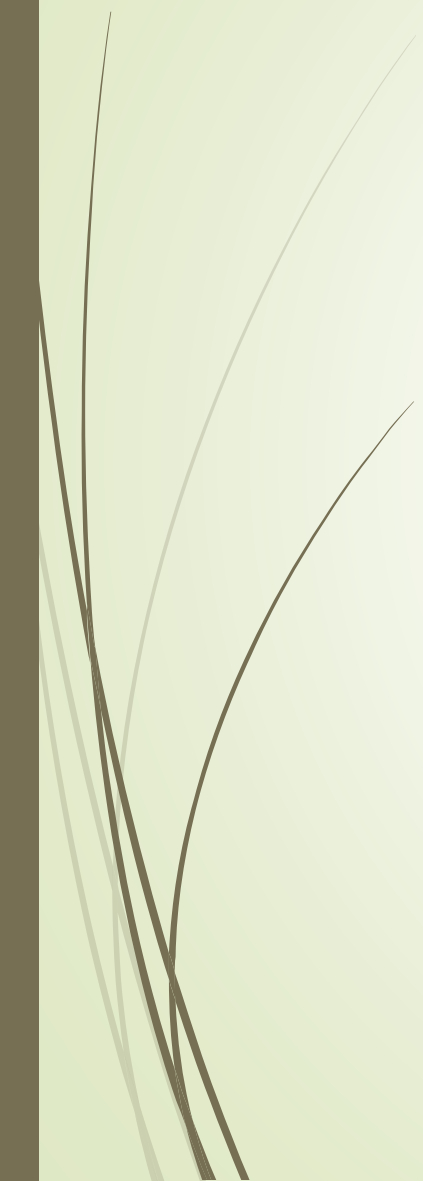


Emotional Intelligence (EQ)

- Understand and manage emotions
 - Show empathy
 - Take responsibility for your actions
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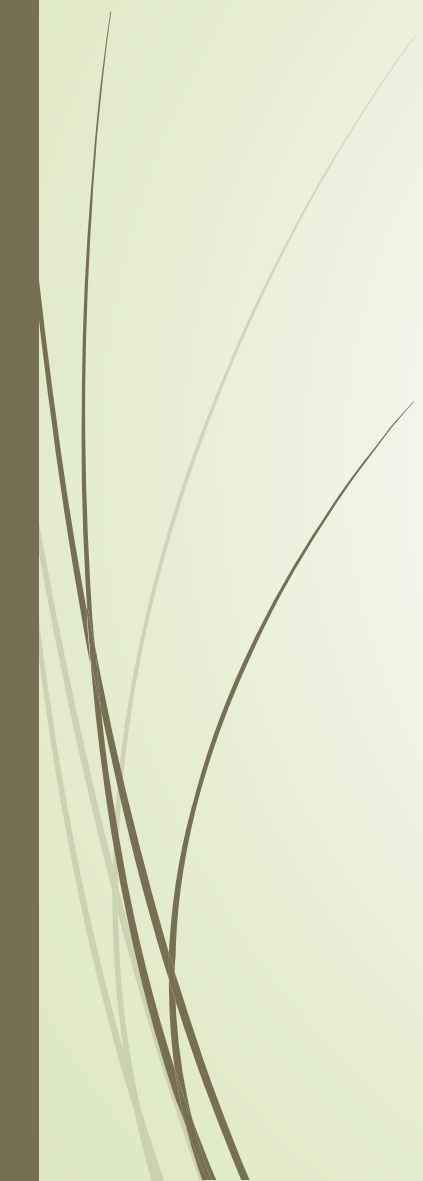


Leadership

- Inspire and guide others
 - Lead by example—even without a title
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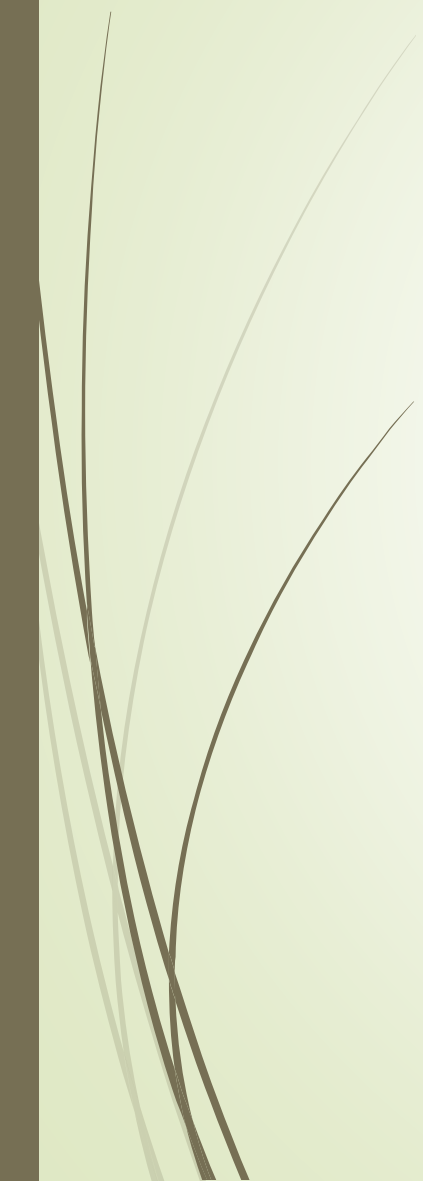



Political Awareness

- Understand your organizational environment
 - Navigate it wisely
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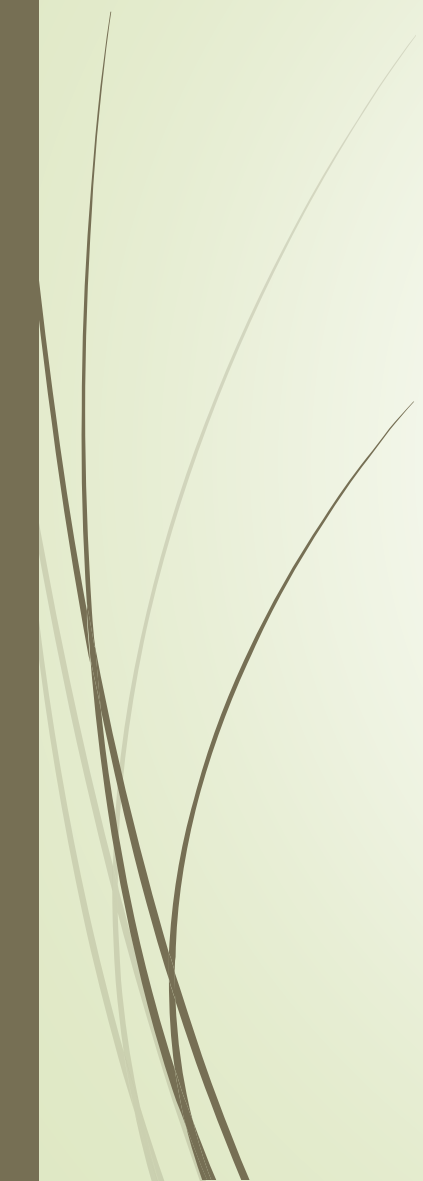


Common Sense Application

- Use practical judgment
 - Make sound day-to-day decisions
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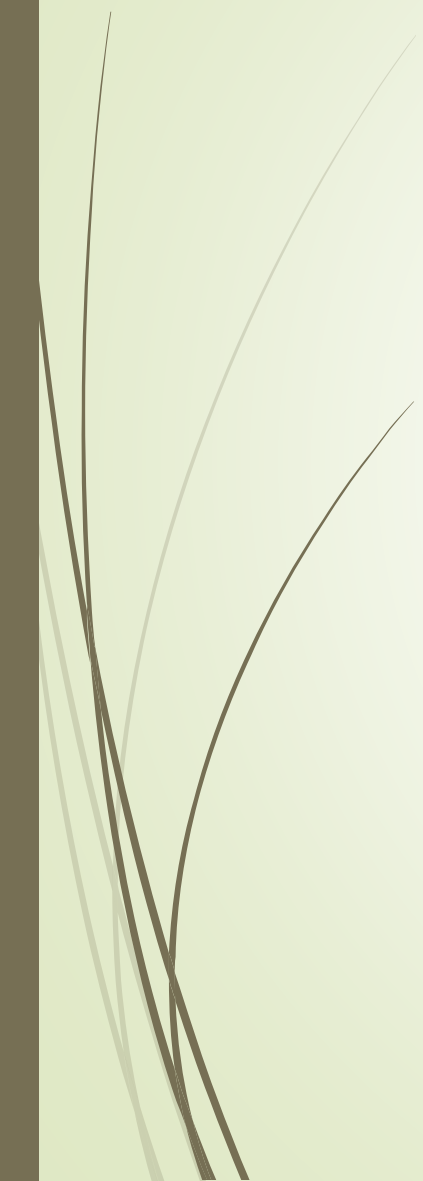


Why Are Soft Skills Important?

- Better teamwork and communication
 - Stronger customer relationships
 - Positive work environment
 - Career advancement opportunities
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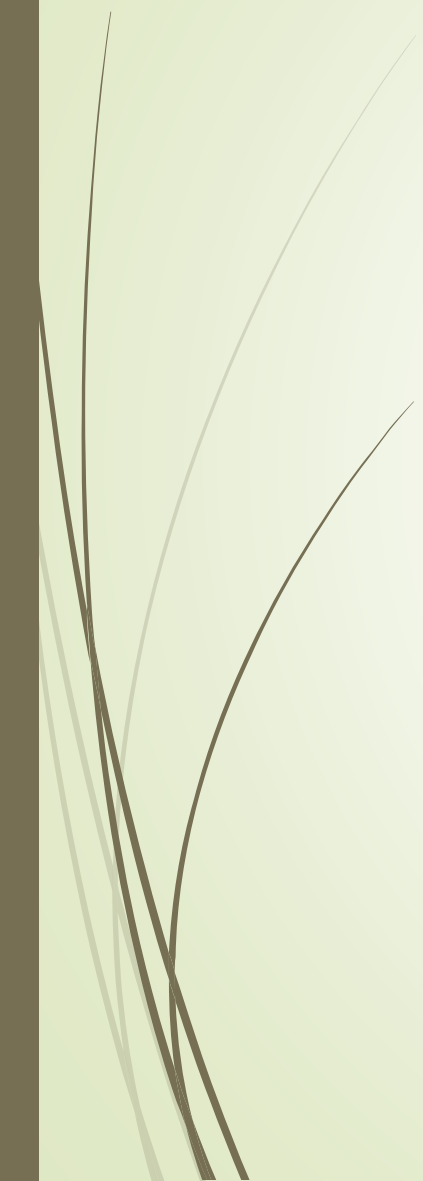


How to Build Soft Skills

- Training programs and workshops
 - Coaching and mentoring
 - Practice and reflection
 - Feedback culture
 - Invest in people, not just performance
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Call to Action

- Choose your next soft skill focus
 - Identify habits and growth areas
 - Find your place, set your pace, and run your race.
 - Encourage and inspire others
 - Care for yourself: The life of a job may outlast the individual.
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Thank You



Thank you for your attention

